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TO CORRESPONDENTS.—GENTLEMEN AND LADIES: Doubtless many of you on receiving this number of the JOURNAL, will cast your eyes over the Table of Contents, hoping to see there the name of your article. We are sorry to disappoint so many, but, truly, it is unavoidable. Some of the articles in this number we have had on hand much longer than any of you have waited; and we suppose some of the writers thereof almost felt like censuring us for the delay, thinking we had forgotten them. We should very much like to publish every article as soon as received, but we are not able to have all our desires granted. We have filed for insertion, as soon as possible, Dialogues on Medicine, Fanaticism in Water-Cure, Habits of Dr. Caldwell, Remarks on Hydrophobia, Sketch of Dr. Longley, Duties of Physicians, Hygienic Agents *vs.* Drugs, Tea and Coffee, Sunny Side, and a number of others, the appearance of which will gratify the readers as well as the writers.

HOW TO DIRECT YOUR LETTERS.—Some of our correspondents are in the habit of directing their business letters to one or the other individual members of our firm, instead of to the FIRM. This sometimes causes delay and confusion. The person addressed may be "out of town" for a day or a week; whereas, if the letter had been addressed to the FIRM, it would have received immediate attention. Therefore, instead of directing to either of the members personally, please direct as follows: FOWLER AND WELLS, 808 Broadway, New York.

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General Articles.

Here Contributors present their own Opinions, and are alone responsible for them. We do not endorse all we print, but desire our readers to "PROVE ALL THINGS" and to "HOLD FAST" only "THE GOOD."

BOWEL COMPLAINTS: THEIR CAUSES, PREVENTION, AND CURE.

BY MRS. ELIZA DE LA VERGNE, M.D.

It has been truly said that Bowel Complaints are the scourge of childhood, and it might be added, a dread affliction to the adult. No class of diseases has received more attention from the medical profession; still, more children fall victims to these diseases than any other. In speaking on this subject, it is necessary to consider three things, viz.: the *Causes, Prevention and Cure* of Bowel Complaints. The divine intention of a harmonious action of all the physical functions has been sadly perverted, and disease reigns supreme where all should be beautiful, healthful and vigorous. During the summer season the mortality is terrible, and reasons are given for these results which are truly absurd. It is evident that there must be some cause, and it is the duty of every lover of humanity to endeavor to arrive at the truth. It is necessary to trace these difficulties to their source, in order to understand and treat them judiciously. Children often inherit weakness of the nutritive system. The poor little infant is frequently a sufferer from constipation, or diarrhoea, from its birth, in consequence of the improper habits of the mother previous. Again, the mother's diet during lactation may produce a similar effect. The majority of women will eat whatever a morbid appetite craves, without reference to the little being dependent upon them for its life, or reflecting that from them it receives the elements of health or disease. Almost every mother will admit, that if she takes purgative medicine, her nursing infant will be affected by it, but do not consider that every unhealthy and indigestible article of food taken into the stomach must prove injurious to the child, as the milk is affected more than any other secretion. Constipation in the mother often causes diarrhoea in the child, and *vice versa*. I saw a case a few days

ago, where the mother had been troubled with profuse diarrhoea for several days, and the infant suffered with constipation, which could be relieved only by copious enemata. The universal use of fine flour, and other concentrated food, is the most frequent cause of bowel complaints, first producing constipation, then diarrhoea or inflammation. No organ can be healthy without daily exercise. The eye would soon become weak if bandaged from the light of day and only exposed to gas light. The leg or arm would soon lose its strength if only exercised once in three or four days, and the same rule will apply to the secretory and excretory organs; if they are not used daily, disease in some form is the consequence. The constant use of fine flour is just as hurtful to the stomach as the continued use of gaslight would be to the eye; both are good in their place and season. Eating too much and too often is also a common cause of disease; the digestive organs are overtaken, and not allowed time to rest. As well might a person be obliged to get up and work an hour, two or three times in the course of the night, as to take food into the stomach two or three times between meals; yet that would be considered very unphysiological, and such a plan would meet with general opposition. Unripe or decayed fruit and vegetables, impure air, an excess of heat or cold, and sudden or violent mental emotions, all have a powerful effect upon the digestive functions.

The most fatal complaint to which children are liable is Cholera Infantum—that scourge which hastens myriads to an early grave. This disease is one which has called forth the most learned dissertations from physicians of every school. Opinions, the most varied and antagonistic, have been offered, accepted, and rejected, but still the destroyer goes forth, gathering up the frail buds of mortality which had just begun to gladden the hearts of fond parents, and closing their eyes to earthly scenes forever. All the wisdom of past ages has failed to crush this fell disease. But if it cannot be destroyed, can it not be prevented? This is most important, and here the mother's co-operation is absolutely necessary. Let her regulate her own body, keep her blood cool and mind calm, and eat food that is nutritious and easily digested, but free from fat, spices and stimulants, keep the skin healthy

by daily ablutions, and if there is any symptom of constipation use water enemas freely. If a due proportion of coarse or unconcentrated food is used daily, it is impossible for constipation to become habitual. Carefully avoid nursing an infant while overheated or mentally excited. The child must also be strictly attended to. Many people bathe their children daily while quite young, but after the first year do not deem it necessary; but this is a duty which should never be neglected even one day, and if repeated at night a child will sleep better. No child should be permitted to pass twenty-four hours without a thorough evacuation from the bowels. Enemas should be given and the cause of the omission ascertained. No infant should take food oftener than once in three hours, and after the first year, or when they begin to take solid food, a longer interval should be allowed; in this way the food can be properly assimilated, without overworking the system. Dysentery is often the result of a cold taken while the stomach has more to do than it can dispose of. The whole alimentary canal becomes weak and irritated, and a trifling exposure will produce this painful and dangerous disease.

Another cause of disease is the manner in which the votaries of fashion deem it necessary to dress children. Exposure of the neck, chest and limbs to the cold and chilling atmosphere, often produces fatal results. If parents were obliged to dress as their children are, they would think it very cruel, and expect dangerous consequences. Yet they say their delicate little ones "get used to it," and "don't mind the cold." Finally, some "dispensation of Providence" lays them on the sick-bed with some painful disease, brought on by suppressing the secretions of the body.

A Christian parent reads with horror the account of a savage mother who offers up her child a sacrifice to her god. The civilized mother sacrifices her child to the Goddess of Fashion, and when the little victim whose life has been but a course of fashionable torture, breathes out its short life; when the mother's heart is writhing in agony for its lost darling, some Christian friend whispers in her ear, "The Lord gave and the Lord hath taken away," "Whom he loveth he chasteneth," and other texts of like import. With just as much truth could these consolations be addressed to the Indian mother who had just beheld her infant disappear beneath the waters of the Ganges, or crushed by the massive jaws of the crocodile. The latter destroys her child from a stern sense of duty, while the Christian mother has no such plea.

Let children be warmly and loosely clothed, then they can play in the open air with benefit. Insist upon their taking regular meals, and never break your rules. Avoid all warm drinks, tea, coffee, also pastry and confectionary. Allow plenty of ripe fruit and vegetables, but do not permit them to eat while overheated, or fatigued. Do not tax the brain to the exclusion of the other organs, but seek first a proper physical development, then the mental faculties will be doubly able to labor. Do not take children in a crowd, where the air is loaded with noxious vapors, and where every breath they draw sends poison

through their lungs. See to it, that the school-houses are properly ventilated.

When a child is attacked with diarrhea, give it much less to eat than usual; bathe the body two or three times a day, oftener if feverish; carry it in the fresh air, and give occasional enemas of cool water. In all cases, rubbing the abdomen gently will prove beneficial by determining the blood to the surface, and strengthening the muscles. The wet bandage is very useful in all cases attended with fever; but if, on the contrary, there is nervous prostration, and but little reactive power, this had better be omitted, and gentle rubbing of the stomach and abdomen with the hand wet in cool water instead. Concentrated food should not be given; it is a mistaken idea. Give small quantities of coarse food, or mild fruit when food is required, which will induce a more natural action. All astringent medicines should be avoided, as they often produce worse difficulties in the form of congestion, fever, or inflammation. Suddenly checking diarrhea has often caused death from congestion of the brain. If the system has not power to perform its natural functions properly, how can it be expected to expel a quantity of foreign and poisonous matter without expending more vitality than it can possibly spare, except by endangering life, for there are now two difficulties to overcome. One is the weak and morbid condition of all the vital organs; the second, the irritating substances introduced in the stomach, and which are sufficient to produce disease in a healthy system. If a person had a bad sore on the surface, would it be thought judicious to put on a plaster, then in a few hours pull it off because it did not have the desired effect, and apply something still more irritating, continuing thus until the wound was far worse than at first? Yet this is the course pursued in most diseases of the bowels. Narcotics and astringents are given for a slight derangement, which, if let alone, would not have resulted seriously; but, once taken, these mis-called remedies irritate and inflame the whole alimentary canal, and the hapless patient often falls a victim to the medicine instead of the disease. If there is unhealthy matter in the stomach and bowels it is necessary that it should pass off, and anything which causes it to be retained will have a mischievous tendency; if stopped one way, it will appear somewhere else; but cleanse and strengthen and all will be right. If the stomach is nauseated, drink warm water and rinse it out; if the bowels are impure, rinse them also with copious enemas. If a person has external sores, it is thought indispensable to their well-doing to wash them frequently. It is just as necessary to wash the bowels when they are inflamed and sore, as in dysentery and ulceration, in which diseases frequent enemas of tepid water are of great value. I consider a good syringe as necessary an article in every family as soap and water; yet we seldom find them. If people would only learn to live temperately and physiologically, medicine-venders and makers would give up their business and go to farming or something else; but while the great mass of humanity prefer to swallow nauseous doses and diabolical drugs, so long will these men continue to make fortunes out of the diseased condition of the pub-

lic. For every dose given two more are required, and so the business increases.

As it is the prevailing opinion that "might is right," I think Hydropathy will finally reign triumphant, for it can claim the most extensive medicine chests in the world; they cost nothing, are always full and omnipresent. From the little streamlet that murmurs so musically over the pebbles, to the ocean with its mighty billows, we can find the healing waters ever ready for our use. Then "wash and be clean," and health, long life, and happiness will be the result of living in accordance with the laws of our being; and if any wilfully transgress these laws, let them remember that "The way of the transgressor is hard."

DANGERS OF DRUGS—OPIUM.

BY JOEL SHEW, M.D.

It appears from the writings of Hippocrates that the soporific power of opium was known to the Greeks, for he speaks of the "sleepy juice of the poppy," "but the introduction of opium as an article of the materia medica," observes Dr. Thompson, "is due to Serapion, the chief of the empirics, who flourished 248 years before the Christian era."

This drug, it should be remembered, is one of the "great engines" of the old school practice, and without which drug treatment would be considered, even by its staunchest advocates, a very poor affair.

Opium has been resorted to in a great variety of diseases, almost every one, we may in truth say, to which human nature is liable; but the great claim set up for it is, that it quiets pain. In answer to this I observe, it often fails of its object, is never safe, and that we have in Water-Cure a more effectual means.

One of the reasons, likewise, adduced by medical men, why opium should be used as a medicine in cases of emergency is, that it often enables the patient to obtain sleep, when without it the night would be spent in restlessness, and perhaps pain.

With respect to this claim for the drug, it is to be remarked that cases do quite frequently occur in which opium, instead of producing its soporific tendency, excites the nervous system, and so makes matters worse. It would be much better, assuredly, if we could avail ourselves of some measure which, if it should fail in any given case to accomplish the object, would yet be productive of no harm. Besides, the sleep which follows as the secondary effect of opium, its first effect being always to stimulate, "although," as Dr. Thompson observes, "sometimes like 'the golden slumbers of repose,' yet is also as frequently disturbed and restless, and accompanied with the most terrific visions." Such sleep, we may well imagine, is worse than none upon the constitution; and better than to incur it, and suffer, as every one must, from the subsequent effects of the poison, would it be to wait nature's own time for bringing on repose.

ADULTERATIONS OF OPIUM.—On this subject Dr. Beck remarks: "There is no article in which frauds have been more extensively practiced than in opium. Even of the Turkey opium, the

best kind in market, one-fourth part generally consists of impurities. Among the substances employed as adulterants are, the extracts of the poppy, lettuce, and liquorice, gum Arabic, gum tragacanth, aloes, and the seeds of different plants, sand, ashes, small stones, and pieces of lead. An Armenian, who had been for many years engaged in the extraction of opium, informed Mr. Sandover, of Athens, that not a single cake of opium comes from the East without having been mixed in the soft and fresh state with grapes freed from their seeds and crushed. Another adulteration was said to consist of the epidermis of the capsules and stalks of the poppy, pounded in a mortar, and mixed with white of an egg. Some samples of opium, also, which are apparently pure, are found to be totally destitute of the active principle of this drug."

This, then, is another difficulty in the use of this famous medicine. In one case a dose may be given, as it is found in commerce, which produces little or no effect, while in another the same quantity, of a different specimen, may produce powerful, and even fatal results.

ITS EFFECTS.—When opium is taken in doses large enough to prove fatal, its effects are "giddiness, stupor, and those of a sudden depression of all the powers of life; the sleep that quickly follows, appears at first deep and perfect; the breathing is slow and soft; the eyes are shut and the pupils contracted; by degrees, however, the sleep assumes the semblance of that caused by sanguineous compression of the brain; and it is sometimes accompanied by stertorous breathing, as in apoplexy. There are also the same cold sweats, and occasionally convulsions; but the state of the pulse differs greatly from that attending apoplexy, being small and less frequent, instead of full and quick. As the influence of the poison increases, the countenance becomes ghastly, the pulse feeble and imperceptible, the muscles relaxed, and death follows. Sometimes no apoplectic symptoms supervene; but the fatal event steals on imperceptibly, and the person expires, as if in a deep and sound sleep."

The quantity of opium necessary to destroy life must, as with any other poison, vary according to circumstances. Pye has related a case where the quantity taken was 60 grains. Lassus gives an instance of death from 36 grains; and does not exceeding half an ounce of laudanum, or about 20 grains of opium, have been known to destroy the life of adults. Dr. Paris asserts that four grains may prove fatal; and Dr. Christison cites a case where four and a half grains, taken by an adult, with nine grains of camphor, was followed by the usual signs of narcotism, and death in nine hours. The man took the medicine for a cough at 7 in the morning; at 9 his wife found him in a deep sleep, from which she could not arouse him. Nothing was done for his relief till 3 in the afternoon, when Mr. Brown (the narrator) found him laboring under all the usual symptoms of poisoning with opium, contracted pupils among the rest; and death ensued in an hour, notwithstanding the active employment of remedies. On examining the body no morbid appearance was found of any note, except fluidity of the blood, a common appearance in those who have died of the effect of the drug.

OPIMUM EATING.—Some years since there was an account published in one of our city papers of the effects of opium eating, as witnessed in the East, by the writer, as follows: "In a few years from the time the practice is commenced, the victim must expect to die a most horrible death, which makes one tremble to think of. After the habit becomes confirmed, the countenance presents an ashy paleness—the eyes assume a wild brightness—the memory fails—the gait totters—mental and moral courage sinks—and frightful marasmus and atrophy reduces the victim to a ghastly spectre—a living skeleton. There is no slavery of the mind or body equal to that of the opium-taker. Once habituated to its doses as a fictitious stimulant, everything will be endured rather than the privation of it, and the unhappy victim endures all the consciousness of his own degraded state, while he is ready to sell all he has in the world—to part with his family and friends, rather than surrender the use of this fatal drug—this transient delight. The pleasant sensations and imaginative ideas arising at first, soon pass away; they become fainter and fainter, and at last give place to horrid dreams and appalling pictures of death. Spectres of fearful visages haunt the mind; the light of heaven is converted into the gloom of hell; sleep, "balmly sleep," flies forever; night succeeds day, to be clothed in never-ending horrors; increased sickness, vomiting, and total derangement of the digestive organs ensue; and death at last relieves the victim of this sensual enjoyment."

Dr. Oppenheim, a writer on the state of medicine in Turkey, has also well described the horrors of this practice. He observes: "The habitual opium eater is readily recognized by his appearance. A total attenuation of body—a withered yellow countenance—a lame gait—a bending of the spine, frequently to such a degree as to cause the body to assume a circular form—and glassy, deep sunken eyes—betray him at the first glance. The digestive organs are in the highest degree disturbed; the sufferer eats scarcely anything, and has hardly one evacuation in a week; his mental and bodily powers are destroyed. As the habit becomes more confirmed, his strength continues decreasing, the craving for the stimulus becomes greater; and in order to produce the desired effect, the dose must be constantly augmented. After long indulgence, the opium-eater becomes subject to neuralgic pains, to which opium itself brings no relief. These persons seldom attain the age of forty, if they have begun to use opium early."

Dr. Madden thus describes what he saw of the effects of opium in the confirmed opium-eater in the coffee-houses of Constantinople: "Their gestures were pitiful; those who were completely under the influence of the opium talked incoherently, their featured were flushed, their eyes had an unnatural brilliancy, and the general expression of their countenances was horribly wild. The effect is usually produced in two hours, and lasts four or five; the dose varies from three grains to a drachm. I saw an old man take four pills, of six grains each, in the course of two hours. I was told he had been using opium for five and twenty years. But this is a very rare example of an opium-eater passing thirty years

of age, if he commences the practice early. The debility, both moral and physical, attendant on its excitement, is terrible; the appetite is soon destroyed, every fibre in the body trembles, the nerves of the neck become affected, and the muscles get rigid. Several of those I have seen in this place, at various times, who had dry necks and contracted fingers, but still they cannot abandon the custom. They are miserable till the hour arrives for taking their daily dose; and when its frightful influence begins, they are all fire and animation. Some of them compose excellent verses, and others address the by-standers in the most eloquent discourses, imagining themselves to be emperors, and to have all the harems in the world at command."

The same writer describes an experiment of his own with opium, in one of the coffee-houses of the same city. He says: "I commenced with one grain. In the course of an hour and a half it produced no perceptible effect. The coffee-house keeper was very anxious to give me an additional pill of two grains, but I was contented with half a one; and in another half an hour, feeling nothing of the expected reverie, I took half a grain more, making in all two grains in the course of two hours. After two hours and a half from the first dose, my spirits become sensibly excited; the pleasure of the sensation seemed to depend on a universal expansion of mind and matter. My faculties appeared enlarged; everything I looked at appeared increased in volume; I had no longer the same pleasure when I closed my eyes, which I had when they were open; it appeared to me as if it was only external objects which were acted on by the imagination, and magnified into images of pleasure; in short, it was the 'faint exquisite music of a dream' in a waking moment. I made my way home as fast as possible, dreading at every step that I should commit some extravagance. In walking, I was hardly sensible of my feet touching the ground; it seemed as if I slid along the streets, impelled by some invisible agent, and that my blood was composed of some ethereal fluid, which rendered my body lighter than air. I got to bed the moment I reached home. The most extraordinary visions of delight filled my brain all night. In the morning I rose pale and dispirited, my head ached, my body was so debilitated that I was obliged to remain on the sofa all day, dearly paying for my first essay at opium-eating."

De Quincy, the celebrated author of the *English Opium-Eater*, graphically describes the manner in which he became addicted to the habit, and the effect it had upon him. He took laudanum, for the first time, to dispel pain, of which he remarks: "But I took it, and in an hour, oh, heavens! what a revulsion! what an upheaving, from its lowest depths of the inner spirit! what an apocalypse of the world within me! That my pains had vanished, was now a trifle in my eyes. This negative effect was swallowed up in the immensity of those positive effects which had opened before me—in the abyss of divine enjoyment thus suddenly revealed. Here was a panacea—a very remedy for all human woes. Here was the secret of happiness, about which philosophers had disputed for so many ages, at once discovered! Happiness might now be

bought for a penny, and carried in the waistcoat pocket; portable ecstasies might be had corked up in a pint bottle; and peace of mind could be sent down in gallons by the mail-coach."

And this same De Quincy, after seventeen years' slavery to the drug, had yet the power to cast it off, and make himself free again. The trials and the temptations he had to undergo in the Herculean task he himself vividly describes: "On the 24th of June, 1822," he says, "I began my experiment, having previously settled in my own mind that I would not flinch, but 'would stand up to the scratch,' under any possible 'punishment.' About 170 or 180 drops had been my ordinary allowance for many months; occasionally I had run up as high as 300, and once nearly to 700. In repeated preludes to my final experiments, I had also gone as low as 100 drops, but had found it impossible to stand it beyond the fourth day, which, by the way, I have always found more difficult to get over than any of the preceding three. I went off under easy sail, 130 drops a day for three days; on the fourth I plunged at once to 80. The misery which I now suffered 'took the conceit out of me' at once; and for about a month I continued off and on about this mark; then I sunk to 60, and the next day to—none at all. This was the first day for nearly ten years that I had existed without opium. I persevered in my abstinence for ninety hours, *i. e.*, upwards of half a week. Then I took—ask me not how much. Say ye, scorist, what would you have done? Then I abstained again; then took about 25 drops; then abstained, and so on."

De Quincy at last achieved his liberty, so far, at least, as the stimulus of opium was concerned; but his troubles did not end here. "I triumphed," he says; "but think not, reader, that therefore my sufferings were ended. Nor think me as of one sitting in a *dejected* state. Think of me as of one, even when four months had passed, still agitated, writhing, throbbing, palpitating, shattered, and much in the situation of him who has been racked, as I collect the torments of that state from the affecting account of them by William Lithgow, the most innocent sufferer of the times of James I. Meantime I derived no benefit from any medicine, except one prescribed for me by an Edinburgh surgeon of great eminence—ammoniated tincture of valerian." Here, then, with all De Quincy's good judgment and perseverance in getting rid of one stimulus, was the error which so many have committed, of seeking another to fill its place. Had he kept clear of *all* drugs, his sufferings would have been much less.

Coleridge likewise became a slave to opium, though taken as a medicine. His own account of it is this: "I was seduced into the accursed habit ignorantly. I had been almost bed-ridden for many months with swelling in my knees. In a medical journal, I unhappily met with an account of a cure performed in a similar case, by rubbing in laudanum, at the same time taking a given dose internally. It acted like a charm—like a miracle. I recovered the use of my limbs, of my appetite, of my spirits; and this continued for near a fortnight. At length the unusual stimulus subsided, the complaint returned, the

supposed remedy was resorted to: but I cannot go through the dreary history. Sufficient to say, that effects were produced which acted on me by terror and cowardice, of pain and sudden death." Thus did Coleridge become enslaved.

We are told that subsequently, while living at the house of a friend in Bristol, he put himself in the hands of a medical man, when the most melancholy part of his case exhibited itself. While he was pretending to be gradually lessening the dose under medical instructions, and while his friends were congratulating themselves that he was absolutely cured, by being brought down to twenty drops a day, he was all the while buying laudanum secretly, and taking it in large doses as before.

Afterwards, writing concerning his condition, Coleridge remarked in a letter to a friend, "Conceive a poor, miserable wretch, who, for many years, has been attempting to beat off pain, by a constant recurrence to a vice that reproduces it. Conceive a spirit in hell employed in tracing out for others the road to that heaven from which his crimes exclude him! In short, conceive whatever is most wretched, helpless, and hopeless, and you will form as tolerable a notion of my state, as it is possible for a good man to have."

But Coleridge lived twenty years after he thus spoke of himself, and finally conquered the habit which had so enslaved him, and with what anguish untold, and what struggles, those can best imagine who have themselves undertaken the more than Herculean task.

It cannot be said that we have the evil of opium-eating to any considerable extent in this country; but there are other ways in which the article is used among us, and more extensively, doubtless, than is generally supposed. The writer was credibly informed, some years ago, by one who was competent in matters of this kind, that during the first three years of the Washingtonian movement in New England, the consumption of opium increased fourfold. The information was gathered by a reference to statistical authority, and would go to prove mankind are prone, when one powerful stimulant is discontinued, to seek some other which may either wholly or in part make up for its loss.

It is well known, likewise, to medical men, that there are many among the female part of community, who are in the habit of using *morphine* for its stimulating effect. Persons of this class are pale and cadaverous in their appearance, always nervous, and highly excitable, and often hysterical. In some cases the habit becomes as strong as that of opium-eating, the individual becoming a perfect slave to it. Every physician of much experience must have encountered cases of this kind, among which the instances of reformation are exceedingly rare. Once formed, the habit generally goes with the individual, spite of all efforts to remove it, to the grave. It is moreover a melancholy truth, that those of good moral character before becoming enslaved in this way, become afterwards changed so that they will cheat, prevaricate and falsify in the most persistent manner.

In the next article on this subject, the effects of opium on children will be considered.

TEETH DESTRUCTIVES.

NO. 2.—THE DENTIST.

BY DR. J. W. CLOWES.

As Nos. 1 and 2 of this series, the subjects of tartar and caries, have been briefly discussed, they are teeth destructives of and within themselves, while the one of which we now write becomes so through the medium of acts, and things subject to his volition and control. *A sad destructive of human teeth is the Dentist!* We are understood, of course, in this connection, to refer to no other than the unskilful, the ignorant and unprincipled. It is with him we propose to deal. To make ourself as comprehensible as possible, it will be necessary to present the various operations which a dentist is called upon to perform separately, and explain, as we go along, the true and the false procedure regarding them. *Plugging, the first in importance, theoretically defined is this: that a cavity to be plugged must have all the diseased matter removed from it; must be of a proper shape to hold the filling; must be filled with an indestructible material, which material must be solidified and compacted so as to exclude entirely the entrance of any foreign matter into itself or between itself and the tooth. It must also bear a highly polished external surface—the indispensable evidence of its completeness.* When practiced to the letter, this theory (with a single exception) has been found correct. It is an *old* theory, and quoted as a rule of action by all dentists. It is the fundamental law, upon which is founded the great doctrine of the salvation of teeth. The difference, then, between the skilful and the unskilful dentist is, that the one *practices* while the other preaches; the one accomplishes while the other declaims. A good plug effects not the *temporary* stopping or retarding of decay in a tooth, but a *permanent* and *abiding* result. Time holds a good plug in great respect. We have looked upon the handiwork of some of the elder dentists, which *thirty* years have smiled upon, and smiling, praised them. They know no change. The labors of HENSON (pioneer of dentists) are volumes of instruction yet; and their author, though dead, is gratefully embalmed in the memories of those whom his faithfulness has blessed.

How a sick tooth *may be cured* has already been explained—how that same tooth *would, in bad hands, be destroyed*, we proceed to show. There is but one way to save a decaying tooth; there are many ways of spoiling it, even while being plugged; and when we affirm that at least *ninety hundredths* of the whole profession harm, spoil, destroy the teeth of their too confiding patients, we utter a sad and melancholy truth, well verified and substantiated by myriads of teeth crumbling to pieces in human months. Who are these denudators of the family of man? Think not they are alone the obscure, the itinerant, and illiterate of the profession; but the spoiler is often found in highly-decorated rooms, walking on tapestry and velvet, and luxuriating, like the spider, amid the wrecks of his own making! Very many of the *celebrated* dentists of our time are among the ranks of the destroyer. It is greatly to be regretted that a dentist's *celebrity* is not necessarily a concomitant of skill,

knowledge and judgment. The people, in their igu—know-nothingness we mean—ran after, and patronize a dentist, often for no other mortal reason than because he is celebrated, lives in a large house, does an extensive business, makes a great deal of money, and *humbly* them *elegant*ly. Consider no dentist *justly* celebrated who does not operate skilfully, and *really* saves your teeth. Judge his work strictly by the rule laid down in the first part of this article. If it will not stand that test, have nothing to do with it. It is not shams and pretence, but *positive realities* that you want. Accept nothing less. *Our personal experience is this.* It is given here, because the object sought to be attained will be the better accomplished from the fact, that what we shall express we also feel. Our first dentistry was done about sixteen years ago by the hands of one of the most *celebrated* of modern dentists. One small cavity required filling in our left lateral-incisor. We well remember that the disease was in no incipient a state that pain had never been previously felt, and only the slightest discoloration served to indicate the presence of decay. The first thing done in the matter of saving this tooth was the *crowding a piece of India rubber* between it and the central incisors, with directions to wear it there for the space of three days, and call again. Three days were passed, (by us most miserably,) and we called again. Again, (oh horror!) another piece of rubber, larger and thicker than the first, was crowded in its place, and due charge given to *keep it there*, and return in three days. We were under the impression that we had become acquainted with grief during the first three days of *rubbering*, but that was only a *single drop to the ocean* of our second three days agonies! We called again. Two mortal teeth, sunk deeply in their bony sockets, had been almost crowded from their maxillary beds. The teeth, the jaw-bones, the gum, were horribly inflamed and painful. *Dentistry had become distasteful to us!* What wonder! "And what was all this *crowding* among bones for?" Why, bless your inexperience, reader! it was for the purpose of separating the teeth that the dentist might be enabled (thus obtaining operating room) to fill and save the decayed one. Having been separated to the desired extent, the implements for excavating the small cavity aforesaid, were put in motion. Rubber first was "*some*"—rubber second was *more*—manipulating with hands, and excavating with implements was *too much*, and our *sufferings were intolerable*. It could not then be filled. Mark the *progress of celebrity* in the person of a dentist. Having produced a state of things past enduring by his patient, and defeated by the same act, his own intentions, he removed the rubber and applied a *pellet of cotton* saturated with "*something*" to relieve inflammation, in its place. Oh, that *something!* It is the accursed vehicle in which thousands of "excellent teeth are borne on to irreclaimable destruction. The "*something*" having been applied, we were requested to "call again in about a week." We did so. The inflammation was somewhat reduced. Less pain was felt upon touching the teeth and the adjoining parts, but the time for plugging had not yet come. "*Something*" more was applied,

and at the expiration of another week we were ready for the long-sought, long-deferred operation. The reader is, doubtless, willing to admit that there has been, thus far, an abundance of preparation and parade. But let it be remembered, that a *celebrated* operator was about to perform a great work. The saving (mind, *saving* is the word) of a beautiful front tooth is no light matter to him who owns and *values* it. Thus we looked forward, hopefully, to a good result, and our courage knew no flagging. With a small probe the cotton (*something* being on it) was removed from between the teeth, (poor martyred bones!) and the *excavators* commenced their work. There was some soreness remaining in the gums and dental sockets, but *none in the tooth to be plugged*. That was past all pain! Life had become extinct in that! The *brilliance* of one pearl in our casket of dental ornaments was dimmed forever! The rubber — and inflammation reducer had done their work, too well. The *slightly diseased* tooth had been transformed to a *dead bone!* *Thus much* had been accomplished by vast dental skill, acquired by an extensive practice of over twenty years! The tooth being now in a condition that would cause the patient no pain to have it plugged, that interesting operation was then and there performed. We recollect well that the excavating was a brief work. The points of some half a dozen polished steel, gold ferruled, pearl-handled instruments were rotated a few times in the cavity, and then the gold was pressed *gently* in with other instruments equally ornate, until it was plugged, by which operation at least fifteen precious minutes of this transitory life were consumed! This was our first chapter of personal experience in having a tooth saved; and when we reflect how many equally tragic chapters are being rehearsed by individual experiences, throughout this land, we stand aghast and feel impelled, as we do now, to be "up and at them," the workers of iniquity! Our tooth was hardly plugged before difficulties of another sort began to arise. A dead tooth, be it remembered, *always* has a discharge from it. Its *very presence* in a living part excites *inflammation, suppuration and discharge*. It is to the *gum and jaw-bone* what a *nail or splinter* would be in the same place. Hence, we see the outrageous folly and wickedness of *nerve-killing* — a practice almost *universal in the dental profession*.

At a small select party of dentists, assembled in New York not long ago, to receive and do honor to the great Dr. Brewster, of Paris, he took occasion to remark, by way of compliment, that "the original applier of arsenic to the business of nerve-killing, had done a great thing for humanity, and earned for himself a merited immortality." This is the opinion of Brewster in reference to poisoning teeth—of the great Brewster—Brewster the sent-off of an Autocrat—the patronized of emperors and kings, and the lauded of royalty generally. What wonder that the creed is considered orthodox, and that its followers are blindly led on to the inglorious achievement of death and destruction to all human teeth. But we digress. Other difficulties were upon us. During the night succeeding our first plugging experience we suffered torments

indescribable. The lance meanwhile did duty, and laudanum was plentifully applied to our scarified gums. But alleviation came not. Opium was prescribed and taken. Night came upon the earth, and we, drugged and exhausted, fell into a troubled slumber. Sometimes the morning dawned, and when its light fell upon *our swollen and distorted face* our friends scarce recognized us. A cavity in a dead tooth had been filled, and the filling had obstructed the discharge which was wont to flow from it. Thus the filthy stream of matter dammed up and confined in the living part, produced the consequences just described. Poison was in the system, and it struggled for an exit. This occurred during the following day. An outlet was established, by the efforts of nature and the lance, just over the apex of the plugged tooth. Through this the confined poison ran off; the swelling subsided, and we enjoyed some peace in life again. The reader has followed us in this wearisome recital of teeth evils, caused directly through means in the hands of a dentist and *under his volition and control*. As far as the teeth and gums were concerned, comparative comfort had returned, and we felt (in our then ignorance) that the man of steel and ivory had done us some good. Nevertheless the *discharge* continued, and the idea of having it "*mingle with our bread and butter*" was not a pleasing one. Our dentist was called upon in reference to the matter, and he advised us to consult Dr. —, another dental celebrity, who was in the "*habit of giving special attention to such cases*." Dr. — was an aged and venerable member of the profession, and his manner and appearance impressed us with faith in his ability to afford relief. The old plug was easily removed. The "*kick of a flea*" would almost have sufficed for that. Some of our readers we know have had a plug removed from just such a tooth as has been described, and *they know also what an intolerable stench* follows its removal. We discovered on this occasion how very odious a *small might be*. There is no odor that can equal it—that *quintessence* of rottenness in the diseased cavity of a dead tooth! Bear me witness, ye suffering thousands of de-dentated martyrs! The plug being out and *order* partly removed, the venerable man, with spectacle-bedridden nose, probed the crown and root cavities of our defunct tooth. Burr and excavator and drill were busy again. The receptacle of caries and pus was quickly cleared of, at least a part, its contents, and something was applied (on cotton of course) as a general internal corrector. This being done, it was replugged. The second operation differing nothing from the first, except that a portion of the gold filling was conveyed gently as far up in the root as it was possible for the minute point of a plugger to follow. A *very celebrated* operator was (and is yet) our dentist number two. But, notwithstanding his special care had been given to such teeth, he failed to make it anything else than a dead bone—an ulcer-producing, pus-discharging, fetid old tooth. Years passed on, and the devoted victim of counterfeited dentistry still deformed and polluted the mouth it was intended to adorn and embellish. Another tragic passage now commences. *Our left eye*, after a gradually increasing weakness

for many months, suddenly became unfit for service. The aid of celebrated oculists and surgeons was now called into requisition. Some bled, blistered, leeches, cupped; others blue-pilled, scarified, eye-watered, and all agreed that the left eye would lose its sight, and, for our especial encouragement, expressed the belief that the right one would sympathize with, and eventually set in darkness! Oh, God! We never came so near despairing utterly, as when this verdict by certain eminent oculists, sitting in consultation on our case, was pronounced against us. What, thought we, must all the glorious panorama of earth's brightness be hidden from our sight! Must the night of blindness indeed descend and rob us of the priceless boon of vision! Heaven forbid! We tore ourselves away from celebrities of every kind, and into *ourselves* and with *ourselves* retired. It proved to us a stronghold. From behind this defence we could look forth and conquer. And we did. In our retirement we perceived (before unnoticed) that a sympathetic connection existed between the eye and the tooth. A telegraph seemed established, for the conveyance of bad news, between them. We saw and comprehended the dispatches. *Others may heed them to advantage.* "Eye informs tooth of a weakness it is causing above, by such a leak below. Tooth replies that it can't be helped. The dentists have killed it, and the doctors consider it harmless. It pities poor eye, but can afford no consolation." This comes of *retiring within one's self*. Here was a volume of wisdom, which the most learned doctors had never perceived. We learned from it, that an effect could cease *only* upon the removal of the cause. The leak was stopped by extraction of the tooth. Our eye regained its strength, and sight came gradually back, to be to us, and many more we trust, an abiding blessing.

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WATER—ITS NON-MEDICAL USES.

BY G. H. TAYLOR, M.D.

WATER is diffused throughout nature in a great variety of forms and connections. Many of its uses in nature's great work-shop are very obvious. Our every moments' necessities and enjoyments are replete with instruction in this matter. Nature's lessons extend in multifarious directions—scarcely two fully learning the same. Every element enters into an extended permutation, affording the mind an endless and delightful enjoyment to trace its relations. Water, though seemingly the most common, is the most complex and the most fertile of all.

One is ravished with the profusion of pearls the dewdrops present in their flower settings, rivaling in beauty the finest gems that illumine the caves of earth. Another will watch these gems distill at the magic beck of the king of day, and gather in vapors, and so ride the sky in gallant cloud-cohorts, till precipitated on some mountain peak—and in all these mutations revealing the impression of the divine mind on material things, constituting qualities, and always symbolizing attributes of Deity.

Water, more than any other substance, is an instrument of such purposes. In the cataract man hears the enunciation of grandeur and power. The religionist uses the same element as an appropriate emblem of purity and innocence; the philanthropist regards the wide-spread desert of waters as the medium of joining in one happy family all the nations of earth for the advancement of a common humanity, while the physician finds in the same apparently impotent material the most powerful instrument whereby to mitigate the physical ills of man, and to render more tolerable to the repentant sinner, the certain and just malediction of outraged nature.

But in tracing Nature's operations in detail, the utilitarian mind perceives a multitude of uses to which this element is applied as an instrument of power, in her *every-day work*. Many of these uses fail to elicit observation, simply because they are so common, so accustomed are we to seek surprising things in out-of-the-way places. If we watch the unfoldings Nature makes to us, and study the relation of causes, we shall be enabled to appropriate her services more completely.

The watery contents of the vast stretch of ocean are not useless, but bear even in their distance a most intimate relation to the land and its inhabitants. Here, as everywhere, the best economy is observed. For continents must not be utterly dry land, or they might as well be empty space, so far as human needs are concerned. It is through what moisture brings that they are enabled to bear verdure, and support animal life. The water that irrigates continents, and runs into the ocean in magnificent floods, all returns from the ocean bed again, by a constantly exerted, invisible, and never-failing power.

The property of vaporization is the bond connecting every living thing with the great fountain of its necessities. The direct rays of the sun, burning, withering, searing every vital thing not connected with moisture, expands the aqueous particles they meet into a vapor that springs from earthy contact into aerial space. In consequence of the earth's motions, the parts thus acted on are local and ever changing. And, coincident with changes of temperature, the air with its moisture undergoes most rapid change of place, from its exceeding tenacity and mobility. Thus the difference in the degrees of heat received at different points are ever-acting sources of power, impelling the atmosphere in a restless flight over sea and over land, till a portion of the aqueous contents are precipitated, a shower of blessings upon vitalized existences. So there is a quantity of water over our heads as well as underneath our feet; the amount in the former situation holding a precise relation to temperature. The amount resting upon each square foot will range, under the influence of these circumstances, all the way from 20 to 175 lbs., or even more. As the eddying currents convey their watery constituents upward, or in contact with mountain tops, it inevitably loses its airy form, and comes pouring earthward, bringing with it all other matters that it is capable of dissolving out of the air. Down it comes, heavily or mistily, and directly forms purling

rills and zig-zag rivulets, that permeate multiplied areas, giving life to vegetation, beast and man. The earth is thereby belted with an ever-shifting vernal greenness, and becomes instinct with spirit. The very matters that are washed from the atmosphere, the very charnel house of all that has lived, are again revived in the plant and the animal. Indeed, the animal is but an instrument to give expression to the pent-up life of the vegetable.

Water is composed, as is well known, of two simple, and when free, gaseous elements, oxygen and hydrogen, in the proportion of one measure of the former to one of the latter substance. All living things are composed of the same elements, with the addition chiefly of two other elements, also derivable from atmospheric compounds—carbon and nitrogen. So water is present by its elements, and also as an instrument in the service of vitality, to collect the materials, and arrange the form of the organic molecule, of whatever quality it may possess. This is effected through its *solvent* property.

This property enables it to control all other matter, either in the elementary or combined state. In the act of solution, solid particles lose their cohesion, and merge with the fluid in contact. Their identity of form is lost, and being mobile, the atoms can assert and obey their *likes* and *dislikes*. By means of the attraction and repulsion that follows, new arrangements and closer unions succeed. The introduction of new and more potent materials disturb affinities. Hence, water is a most constant scene for the display of chemical force, and often gives rise to the only possibility for its exertion. *All organic life avails itself of this means for the display of its peculiar actions and properties.*

The acting organs of plants are composed, in great part, of water, and animals are composed, also, in by far the largest proportion, of water. It is said that a man weighing 154 lbs., contains in his flesh, blood and bones, 116 of water, and besides salts and fat only about eighteen of animal matter.

Water is used in the body, not only as a means for the display of chemical and organic forces, but it affords the means of *transportation*. It carries nutrition to tissues, and conveys degenerate matter away through various outlets. Nor is this all. The property of vaporization before mentioned, becomes useful, as a supplementary force, in assisting the blood to flow into peripheral parts. The loss of moisture from parts exposed to air, causes a supply to flow along the appropriate channels to replace that abstracted from the surface. The skin may be regarded as a wet surface, throwing off its vapor into the surrounding atmosphere, and the blood follows as far as permitted, carrying its nutrition and temperature. The feeble, readily notice any abatement in this aid to circulation, upon the occurrence of unfavorable changes in the atmosphere that give a check to the operation of this law.

Water serves as an instrument of power of great importance from another of its properties—its change of specific gravity with change of temperature. It is well known that it bursts into a vapor of high tension, with the addition of a large measure of heat, and that it exerts a no

less expansive power in arranging its particles in the act of freezing.

But remarkable as are these phenomena, the aggregate effect is much less than that performed in unobserved silence. The highest specific gravity of water is at the temperature of 39.2°, or, in round numbers, 40°. But water expands each way, from this point, with each addition or abstraction of heat. Hence it becomes an efficient agent in disintegration.

Geologists refer us back to an era in the world's history when its crust was composed, in good part, of solid rock—a condition quite unfit to give rise to vegetation. Water, by its floods, could remove masses and grind them together, but slight was the work of disintegration thus effected, compared with that performed through its expansive power, by common changes of temperature. The fluid particles insinuate themselves between those of the solid upon the surfaces, and in those irregularities that serve to extend the surface, and that cohesion is overcome. Thus, stones, pebbles, and the finest sand, are compelled to surrender their hid treasures, to be employed by the higher powers concerned in vegetable organization.

Water, then, seems to be of eminent service in most of the operations of nature upon our globe, by being employed in a variety of ways as an instrument for the exercise of force. We have alluded, in the present view, to the following modes in which force is displayed, viz.:

Chemical force, as witnessed in solution and change of quality.

Elastic force, as witnessed in vaporization and evaporation.

Gravitation, as witnessed in hydraulic pressure—rain, flowing streams.

Expansive force, induced by moderate changes of temperature and by freezing.

And we might add, vital force, as witnessed in organization.

Thus it is by means of water, that the atoms of substance, no matter if as solid and substantial as granite, or thin and elusive as air, are enabled to obey their innate proclivities; these harmoniously conjoin in the elaboration of things of beauty and of use, and in an ulterior stage of development serve as a measure of the spirit of man, and the instrument of all his faculties.

Physical and mechanical sciences are often but the ingenious application of forces that labor on a more momentous scale in nature. Agriculture, commerce, and the arts, are equally served. Each application of truth to useful ends, serves as a point from which to survey an extended vista beyond. But nowhere can human ingenuity approximate the unfettered workings of nature, in the application of means to purposes of beauty or use. The caves of inner earth are blossoming with gems that water fashions; and it accomplishes still higher and more beautiful results upon the earth's surface, in its organized products.

While water, then, beneath, above, and upon the earth's surface, is interposed through all its parts, and everywhere, and in many ways, and at all times is elaborating the materials, and uniting at the perfection of its crowning glory, man, it is unreasonable to presume that the same substance may also be essential in every lo-

gitimate attempt to preserve and correct his health?

ECONOMICAL EDUCATION.

HONEST, industrious, and aspiring youths of America, you are not necessitated to grovel in the depths of ignorance; to refrain from quaffing the draught of knowledge and mount the eminence of fame—no, these are not forbidden, though you are not blessed—rather cursed—with heaps of glittering sand: for the era *has been*, and *now is*, when to ascend the height of science, one can climb without a golden staff:—*yea, forever that time must exist*, and, like mist before the morning orb, every energetic, knowledge-thirsty youth can bid ignorance, the father of superstition, recede.

I care not how destitute you are; if health sits at your command, the fault is at home, if you are not a participator in feasts of mental competence.

Come, then, needy and aspiring brother, "let us reason together;" let us see the top of Pisgah, and soar aloft in fields of eternal verdure, where intellectual poverty can exist but in wild imagination:

Where flowers of knowledge ever bloom,
Brighter and sweeter nearer the tomb.

As we "reason together," let experience expound the method by which our object may be obtained.

We meet you, perhaps, in destitute circumstances—but a brave soul cares not for that,—and ask, what can a common day laborer earn? You reply, from \$12 to \$20 a month.

Engage, then, for two or three months, and you have a capital sufficient to begin with; but, instead of being a gentleman and spending \$2 or \$3 dollars per week for board at a public house, one for cigars, two or three more for "tom-fooleries,"—rent some convenient room, and, Franklin-like, "set up" on your own foundation. Next, procure a hand-barrow, and trundle home a bag of corn, or Graham meal, a few potatoes and plenty of good fruit—being your butler (cold-water) and baker, to save the extra shillings, and you can live like kings and become young Solomons.

Do not fear starvation on this simple, healthful diet, for it will enhance your physical and intellectual powers, imparting endurance and keenness of perception, giving you, thereby, *decidedly* the advantage over dull, eat-and-drowsy flesh-eaters, who devour abominable steaks, oysters, etc., etc., rinsing the whole down with Java, or some other "wish-wash" slop. Epicurean gratifications and modern dainties must be dispensed with, or you can never excel as a scholar.

But this is not all. You must labor to preserve health, and this labor will pay from six to ten cents an hour, so that, once started, you "can work your passage" to the top stair of knowledge, disseminating useful knowledge; fully accomplishing life's great end; fully fitted for an endless sphere of progression.

Fancy not, young friend, this is but a picture of delirious imagination—an enthusiastic theory; for two years' experience confirms this article,

and thousands there are whose hearts respond—true! true!

In our delightful country home, one dollar a week will cover the expenses through an academic course. Perhaps it requires a little in the city, but it may be done there much cheaper than generally supposed. Hail! then, brother aspirants; bid the demon of ignorance recede, and improve your glorious privileges, secured by the hardy princes of old Plymouth's rocky strand. Will you reverence them, burst the bands of ignorance, and do something for yourselves?

Buy the WATER-CURE and PNEUMOLOGICAL JOURNALS, the HYDROPATHIC COOK-BOOK, and, with this *pilot, shield, and your own ship*, let us estimate what it will cost to make a trip, and become physical and intellectual types of the Supreme.

Estimate of the cost of attending school:—Room rent, \$1 25 a month; Tuition, \$1 33 a month; Nutriment, \$1 75 a month; Washing, Books, etc., etc., \$1 67 a month.

Making about \$1 50 a week, which is one-third more than it has numerous of my friends—my own experience fully proving: I have spent weeks at school at an expense of less than seventy-five cents a week—vegetarian system—to spend months in the halls of science and literature.

These are facts for aspiring youths, reformers, etc., etc., though in plain, simple language.

FROM A FRIEND OF YOUTH.

BATHING.

It has been truly said, that from the first hour of man's existence to his latest breath, in health and in sickness, rich or poor, water is always requisite. Baths were dedicated by the ancients to the divinities of medicine, strength, and wisdom, namely,—Esculapius, Hercules, and Minerva, to whom might properly be added the goddess of health, Hygieia. The use of water has been enforced as a religious observance, and water has been adopted as one of the symbols of Christianity.

The structure and purposes of the skin, the constant removal and reproduction of the cuticle, the functions of the oil-glands and perspiration system, afford the groundwork for inferring the necessity of bathing. The cuticle is cast off in minute, powdery scales, many of which are retained upon the surface by the pressure of clothing. These mingle with the oily and saline products of the skin, and form a thin crust. The crust, on account of its adhesiveness, collects particles of dust and soot from the atmosphere and particles of foreign matter from our dress, so that in the course of the day the whole body becomes coated with impurities. If this coating be allowed to remain, to become thick and established upon the skin, it will produce the following effects: 1st. The pores will be obstructed, consequently transpiration impeded, and the influence of the skin as a respiratory organ entirely prevented. When the pores are obstructed, and transpiration is checked, the elements of the transpired fluids will necessarily be thrown upon the system; and as they are injurious and poisonous if retained, they must be removed by other organs than the skin. These organs are the *lungs, kidneys, liver, and intestines*. When these organs are called upon to perform the offices, and in addition that of another, the healthy equilibrium is destroyed, and the oppressed organ will suffer from exhaustion, and become the prey of disease. Thus, obviously, habits of uncleanness are the cause of consumption and other serious diseases of the vital organs. Again: obstruction of the pores will prevent respiration through the skin, thus depriving the blood of a source of its oxygen, and one outlet for its carbonic acid, which will diminish the temperature of the system, and all the effects of chill from inadequate clothing will be manifested.

2d. The retained film will irritate the skin both mechanically and chemically; it will keep it damp and cold, from attraction and detention of moisture; and, possibly, foreign matters, once removed from the system, may be re-conveyed into it by absorption. As a consequence, cutaneous eruptions and diseases will be produced, and the re-absorption of matter once separated from the system, will be the exciting cause of other injurious disorders.

3d. A film of foreign substance on the skin will inevitably become the seat of detention of miasmata and infectious vapors, which will rest here previously to being absorbed, and their absorption will engender the diseases of which they are the peculiar cause. These are the most serious results of uncleanness of the skin.

Baths are useful for three purposes:—1. To promote cleanliness. 2. To preserve health. 3. To remove disease. In its first capacity, bathing enables us to remove the coating of impurities from our bodies. It effects this purpose by dissolving saline matters, and holding in temporary suspension those substances which are insoluble.

Bathing may be partial or general, and the water used may be cold, temperate, tepid, warm, or hot. A person may apply it to his system with a sponge, it may be poured upon him, or he may immerse himself in it. The simplest mode of bathing is to apply water to a small extent of surface, by means of a wetted sponge, and after being rubbed dry, again cover with the dress. In this way the whole body may be speedily subjected to the influence of the water, and to no less useful friction. The water used may be warm or cold. This species of bathing may be practiced by any invalid, and always with benefit, if the bathing is succeeded by a glow of warmth over the surface, as this is the test by which the benefit of all forms of bathing is to be estimated.*

The bather may stand or sit in a shallow tub, while he receives the water from a sponge squeezed over the shoulders or against the body. In this form of bathing the body is more exposed; hence, it is less suitable for very feeble individuals than the first-named method. In the early use of this form of the sponge-bath, the bather should content himself with a single effusion from the sponge, and should then dry the body quickly with brisk rubbing.

The third kind of bathing is that of the shower-bath, which provides a greater amount of affusion than the former, combined with a greater shock to the nervous system. The concussion on the skin by the fall of water particularly distinguishes this from the previous modes of bathing. The degree of concussion is modified by the size of the openings through which the water issues, and the height of the reservoir. The shower-bath admits of modification, adapting it to the most delicate as well as the robust. And if it is a convenience which no person need be without, as a simple one may be made of a common wooden pail, with its bottom thoroughly perforated. Then a new, second bottom is put in, about one-half three-quarters of an inch above the perforated one, which has in it a hole as large as a dollar, to be covered with a common bellows-valve, i. e., one made of a piece of thin board about one and a half or two inches square, with the under-side covered with sheep-skin. A string from this valve to a lever fastened on the brim of the pail, raises the valve when pulled. The whole is then suspended by cords and pulleys. A curtain made of common cotton cloth is then fastened up to the wall, in such a way as to allow the apparatus to rise and fall freely. The cloth may be sewed to a common barrel hoop, ingress and egress being where the edges meet. This last is necessary, both for concealment and to keep the water from splashing off on other articles. The other, and only other thing, is a tub, in which the operator stands, and the lower end of the curtain terminates. Thus, the water

*The essential period is no objection against cold bathing. Indeed, the shower or hip-bath has removed uterine irregularities of long standing.

that gets on the curtain is carried directly into the tub. The descent of the water should be from three to six feet, at least, above the head, and may be regulated at pleasure. In using the shower-bath, it would be judicious to commence with warm water, for which, by a gradual process, cold water may be substituted. In this way the system may be inured to cold water. After bathing, the skin should be wiped dry and rubbed briskly.

DIALOGUES ON MEDICINE.

NO. I.

Q. What is Hydropathy, or Water-Cure?

A. It is a mode of curing diseases by means of water, air, light, food, exercise, cold, heat, electricity, etc., agents which are continually acting upon the human body to restore it and keep it in health.

Q. Why are these agents used in preference to drugs?

A. Because when rightly used they never do injury, and may be made to fill every indication of the system when diseased in a more perfect manner than drugs.

Q. What is meant by "fulfilling every indication of the system when diseased?"

A. I will explain. In some diseases we wish to purge, in others to sweat, in others to vomit, in others to stimulate, etc. Doing these things is what is meant by this phrase.

Q. Will your agents perform all these things?

A. They will. By them we can bring about every effect that it is desirable to produce to restore health.

Q. But why not use drugs to fulfil these indications?

A. 1st. They are poisonous, and if they do good in any case they also do injury.

2d. They prevent a natural cure and leave chronic diseases behind them.

3d. They are uncertain in their action and very often produce death.

4th. More cures, better cures, and greater cures can be performed without their use.

5th. Their use as medicines do incalculable injury to the human family by begetting in the system a desire for stimulants, tonics, narcotics, etc., depraving the appetites, corrupting the fluids of the body, and leaving it filled with un-cured diseases.

Q. Do these objections apply to patent medicines?

A. They do. They are all poisons, and their effects upon the body are as deceptive as they are destructive. Under this mode of curing acute diseases you and the world have become universally sick.

Q. But do not medicines have some specific power to cure?

A. They have none. Drugs are classified as stimulants, tonics, cathartics, sedatives, diuretics, emetics, etc. They have specific effects on some organs by poisoning them, but not upon disease. There are no such agents known as specifics to cure disease.

Q. Why, then, do not all physicians resort to the use of nature's agents to cure disease?

A. 1st. They have been educated to believe in the use of drugs, and are so prejudiced against other systems that they will not investigate them.

2d. It is their occupation to cure by drugs, and as long as they are employed they will practice.

3d. If they used the agents of nature only, the people would soon learn their use also, and be able to practice with them in many cases in which they now employ a physician, and thus dispense with their services.

4th. Some of the most eminent physicians in the world have abandoned drugs, as Magendie of Paris and Dr. Forbes of London have done, and many more will do so as soon as they see the way to live by other means.

DANVILLE WATER-CURE.

W. M. S.

SUMMARY OF

THE VEGETARIAN SYSTEM.

BY WM. A. ALCOCK, M. D.

THE following very brief summary is, in part, from the writings of our trans-Atlantic brethren, the vegetarians of Great Britain, and also, in part, from the writer of the article; or, to speak more literally, it is an American edition of a British work.

Vegetarians hold that Man, as a physical, intellectual, and moral being, can become most completely developed in all his faculties by subsisting upon the direct products of the vegetable kingdom.

The following are some of the principal reasons for entertaining this PRINCIPLE.

I. THE ANATOMICAL STRUCTURE OF MAN, as described by Linnæus, Cuvier, Lawrence, Bell, Mussey, and others, is evidently designed with reference to the use of the productions of the earth. This part of the argument is complete, not to say overwhelming.

II. The argument drawn from considerations of DOMESTIC ECONOMY is almost equally strong. It is proved by chemical deduction that as much real nutriment can be obtained for one dollar, from farinaceous food and fruits, as for ten dollars expended on the flesh of animals.

III. The science of CHEMISTRY, as promulgated by Liebig, Prout, Playfair, and others, teaches us that all nutriment whatever is derived from the vegetable kingdom, where it is found in the most suitable proportions.

IV. We are taught by PHYSIOLOGY that the purest blood, the most substantial bone and muscle, and the most symmetrical forms, are produced by vegetarian diet, whenever that diet has been well selected and applied through several successive generations.

V. HISTORY shows us that this principle was a rule of life at the primeval period of human existence; and that, wherever it has been adopted, it has proved itself beneficial to the human race.

VI. It is the food appointed to man by his Creator from the first. Gen. 1. 29.

VII. Experience in AGRICULTURE goes to show, that a vastly greater population can be sustained by the productions of the soil, than by the flesh which the productions of the soil produce. The productions of an acre of land—say corn, or wheat, or potatoes—will sustain a person eight times as long as when converted into flesh.

VIII. PATHOLOGY teaches us that those who use animal food are more liable to disease, and their diseases are more severe and tend more to putridity, than is the case with correct and consistent vegetarians.

IX. PSYCHOLOGY also proves to every practical investigator, that, in proportion as we abstain from animal food, the passions can be better subjected to the moral principles.

X. THE TESTIMONY of many great and good men, both of ancient and modern times, is in its favor.

XI. Vegetarianism is more HUMAN in its tendencies than the old system.

XII. MEDICAL MEN concede that the infant, after having been conducted by the hand of

Providence himself from a purely animal diet in utero to one less animalized at the breast, should, on the appearance of a set of teeth, use bread and fruits. Is there any indication of a necessity of turning back to animal food again? And if so, what is it?

XIII. PROSPECTIVELY, vegetarians have an argument in their favor. When the world shall become so densely populated, that not half an ounce of animal food per day, were they equalized, could be had to each person, must not the hard laboring class be vegetarians, of necessity? They must, unless the strong and wealthy become greatly changed in their nature.

XIV. THE INDIVIDUAL CONSCIOUSNESS of the truth of the principle becomes more and more powerful, in proportion as the principle is adhered to in practice; just as the practical Christian has the witness in himself.

"DR. CURTIS'S

HYGIENIC AGENCIES."

To Dr. Potter I reply, "The medicine was possessed of the same properties *all the time*," and therefore did not "refuse to act." Your error consists in supposing that I attribute to the medicine the physiological actions of the system, which I never do, though their actions, when the former are "judiciously administered," are always in perfect harmony. Thus, if I give an astringent to produce the same effect which nature herself is endeavoring, at the time, to produce, it acts *with* that force in the same manner without it, and to the same extent. "The physician's anxiety," &c., could not alter this action, and change poisons to medicines. The "effect" of those you speak of, was, probably, (I know not what they were,) to "depress the vitality." At first they were unable to succeed; but, after excessive and long-continued labor, the system yielded to their influence; or, if they were innocent, to that of the cause of disease. I "can" very well "see" that the life principle "acted" as long as the stomach retained its capability of responding to its action, and that the poison began, like the box constrictor, from the first coil, to strangle and stifle its victim, till his struggles altogether ceased. Can't you see that the "drugs" possessed and exerted the same power *all the time*; first unsuccessfully, then effectively, as the life power yielded?

Had you studied as carefully that, in most respects, excellent work, "Trall's Cyclopaedia of Water-Cure," (which the Water-Cure men should prize as the "drug-medicator" does "Curtis's Lectures on Medical Science,") you would have found (Vol. II., p. 14) what would have saved you the trouble of asking me these questions—viz.:

"When *chemically* incompatible, as are [not quite] all the metallic and mineral preparations, they *act upon, corrode, decompose and destroy*, some part or portion of some constituent of some *solid or fluid, of some organ or structure*. Familiar and melancholy examples of chemical incompatibility are found in the *ulcerations of the mucous membrane of the mouth, throat, stomach and bowels, produced by the ordinary employ-*

ment of saleratus in cooking, (3) and the *rotting of the teeth and bones*, in consequence of a *mercurial* course. When they are *physiologically* incompatible, like alcohol, tobacco, opium, &c., they *exhaust, irrevocably*, some portion of the *vitality* itself."

After being "told" these demonstrated truths by such high authority, you should be ashamed to ask me any questions about them.

Had you treated that patient at first as Dr. Curtis taught you, he would have been cured in *three hours*, instead of *three days*; and put beyond the power of a *good dinner*, to throw him back into a relapse. When I find it to cost me *three days' labor*, with my "hygienic agencies," to cure a severe case of bilious diarrhoea, I will part for a while with Cayenne, lobelia, bayberry, slippery elm, and the vapor bath, and try the Water-Cure alone.

Permit me now to give you "two cases," as offsets to yours. Mr. W. was attacked, some weeks ago, with "bilious colic," according to the nosology of the "legion disease" doctrine. Not being very fond of "drug-medication," he bore it till "his sufferings were intolerable." He sent to a doctor, who returned him a prescription—probably "opium with calomel," to "allay the pain and promote the biliary secretions." He said to a friend, "If I take that calomel, I shall be on my back here ten days, and I can't afford it." "Send for the thunder-and-lightning doctor," said C. "He'll kill or cure," said the patient; "go for him." In a trice, *we* were on hand, with hot water, lobelia, ginger, asarum, composition, ulmus, and a syringe. In three hours he was well and fell asleep. In the afternoon he rose, dressed himself, and walked out into the city. The next day he went to his business, and "has not seen a sick day since."

Case 2d. Some time after, W.'s friend was taken with "a bilious diarrhoea," and run down with a dose of "opium with calomel," till his feet and bowels began to cramp, and the latter to suffer great pain. W. came into his room; found him in this "fix," and run for the "thunder-and-lightning doctor," who was soon present, with a quart of hot water, "drugged" with a little "ginger and asarum"—nothing more. The first tumbler full "relieved the pain and cramps like a charm." A few more, with some six fluid ounces to the bowels, put all to rest, and, in about an hour, the patient fell asleep. It being ten at night, he slept quietly till the morning, when he rose, ate his breakfast, and went about his business, scarcely recognizing even the chemical and physiological incompatibilities of the deadly "opium with calomel." While I can do such things with about three half-pints of water, "drugged" with three tea-spoonsful of ginger and asarum, I shall not perform all the labor and wait the slow process of doctoring such cases for three days, after the manner of Dr. Potter.

As to "that other" "Richard in the field," C. E. D., I know not, nor, probably, does he, with what his friend had been "dosed and drugged," but I know that "the hygienic agencies of Dr. Curtis" never "produced chills, piles, nor pains in the back," for these all are vital manifestations, which Dr. Trall justly says are efforts of

the vital system to expel some noxious agent, or remove some diseased condition. Neither did those agencies produce the disease from which he had not a well day since the commencement, for that disease existed before they were given!

"C. E. D. talks too much, and reasons too little." If he had consulted Dr. Trall, he would have learned that it is not very hydropathical to attribute vital symptoms of disease to "drug medicines." If he had consulted Dr. Curtis, or carefully watched the treatment of the "reputable physician" who administered the "harmless hygienic agencies," he might have discovered that said physician may have substituted some other agencies for some of those that "Dr. Curtis would compare with water, air, &c." Dr. C. knows a celebrated Water-Cure doctor, who gives to his patients "opium, to relieve pain and gain time." Is it fair to charge to the Water-Cure the effects that follow? Dr. Curtis is as ready to contrast with hydropathists his treatment and its results, as his science and his logic.

Very respectfully,
A. CURTIS.

PRACTICAL WATER-CURE.

MESSRS. EDITORS:—Through the columns of the Water-Cure Journal I would like to give the medical world the peculiarities of a few cases of disease that are at present under my observation. The first is one which I have never found described in medical works, or heard of before; therefore I think it advisable to make it known. I have taken down the most prominent symptoms from the patient's own lips, and also learned what were the indications when examined by Dr. Hamilton, a thorough Hydropathist. The lady informed me that fourteen years ago she became pregnant with her fifth child, when, by hanging up clothes, which required much exertion and high reaching, she became sensible of a great change in the fetus, which made the bearing down greater, and the inflammation more severe. After this there were no movements of the fetus till the time of its birth, which was two months, when she suffered extremely. The umbilical cord was found to be five times around the neck of the child. When it was three months old she was taken with universal lameness, attended with great debility; so much so as to be unable to leave her bed;—grew very fleshy, but had no appetite; menstruated half of the time, and partly lost the use of her arms and lower extremities. In about three months after this her heart ceased to contract, and the blood stagnated throughout the system;—she breathed with difficulty, and a purple redness came over the body. These turns would last from five to fifty minutes, and were as frequent as ten or twenty a week.

Before these symptoms appeared, her weight was one hundred and forty pounds, but soon increased to one hundred and eighty-five. After awhile, spasms of the lungs, diaphragm, liver, etc., added to her sufferings. These continued gradually growing worse, until five years ago, when an English physician gave her medicine that relieved her, but did not effect a cure. Every time she took his medicine, which was twice a week, nearly two quarts of water would pass

off by way of the bowels at one time. This partially relieved the difficulty of the heart, as it took the water from the chest. Her weight still increased, until she weighed over two hundred pounds, and then numbness throughout the pelvic region extended below the thighs. When bearing her second child, a rupture had been produced above the navel, by coughing, which always has troubled her.

Nearly a year since she came to Saratoga Springs Water-Cure. Dr. Hamilton found her pelvic organs much displaced. The uterus retroverted, and fallen on the rectum, but on one side, so as to lodge on the vena cava; and an enlargement of the fundus and cervix, attended with inflammation. Her bladder was much affected, and she had a constant desire to urinate, but experienced relief after a few weeks' treatment; yet on going home met with a little accident which brought the disease on again. The bowels settled down upon the uterus, and clotted together; was very costive, and could have no evacuations without taking purgatives. She returned to the Cure, and now is quite well, with the exception of a slight inflammation of the bladder. Her other difficulties have entirely subsided.

CASE NO. 2.

Another lady at this Cure, twenty-seven years of age, informs me that she has always been quite healthy, menstruated at twelve, and regularly. Two years ago sickness was in her family, and by overdoing and lifting she caused herself to experience much pain in the pelvic region, a sense of dragging and bearing down, so much so as to render her unable to walk part of the time. She was afflicted with severe pains in the left shoulder-blade and heart, and had also a bronchial affection. Three weeks after this she went to a Water-Cure in Jamestown, N. Y., but received no substantial benefit, and returned home, continuing the treatment two months, but gradually growing worse. She then came to Saratoga. The bearing down and distress increased, so that she was melancholy and unhappy. Baths of different kinds were employed, and cauterization practiced, but without success. She was afflicted with nervous chills from three o'clock in the morning until rising;—was greatly affected by any noise or excitement;—pain in the heart and shoulder increased, and, at times, headache so severe as to render her almost insane. This state of things continued four months, until she was taken charge of by Dr. Hamilton at the Water-Cure. In this case there was a displacement of the uterus, falling on the left portion of the pelvic cavity, against the nerves and arteries. There was also an enlargement of the cervix. She was soon relieved, and in five weeks was able to go home. She lives but a short distance from the WATER-CURE.

CASE NO. 3.

And here is another interesting case. The lady is of the same age as the former, but was never strong and enduring. Menstruated at twelve, always preceded by severe attacks of quincy, until about a year before she became pregnant, which was when she was twenty-two years of age;—was sick all the time, and every

month threatened with a miscarriage; her appetite that had always been uncontrollable, was now greatly aggravated. The first time she menstruated after her child was born, she became afflicted with cramps, which began in her right side, and then proceeded to the stomach, and then over the whole system, followed by nervous spasms, that lasted from one hour to a day and a half; and, unless the air was kept from coming in contact with her body, would suffer extremely;—head greatly pressed, and feeling as if filled with sand continually grating. Four years ago she was taken with inflammation of the stomach and liver, which resulted in an abscess forming on the liver, that swelled to an enormous size. Every symptom indicated that it discharged inwardly. Since the death of her babe, which lived to be only six months old, she became afflicted with weakness of the pelvic organs, and ulceration of the uterus. Four months ago she was confined to her bed, and then came under Dr. Hamilton's treatment. This was two months before she came to the Cure. She took only sponge and Sitz baths at home, but after coming to Dr. Bedortha's Water-Cure, took half baths at 16°, followed by a douche at 80°, also Sitz and foot baths at the same temperature as the douche. These she continued until she left the Cure, when she was able to walk five miles a day.

THE DISCUSSION.

DR. TRAIL TO Drs. CURTIS, JOHN, PRETTYMAN, COMINGS, KEINBAUER, POTTER, STOCKWELL AND KENT.

GENTLEMEN,—I am sincerely rejoiced in the rapid accession of disputants on the side of my opponent; not that I love discomfiture or martyrdom, for I am not anticipating either result; but because it indicates an interest in or feeling on the subject. It portends a "rattling among the dry bones" of old errors, which may yet be of service to the cause of science and humanity.

I confess, gentlemen, that if the strength of a given proposition is to be measured by the number of its advocates, you have greatly the advantage of me. And if the truth of a medical postulate is to be determined by the numerical force of the medical men who assent to it, Dr. Curtis has every advantage in this discussion; for it has happened thus far, that every medical man who has entered the lists of controversy, has done so on the side of Dr. Curtis (albeit, certain non-professional correspondents, and a few editors of non-medical newspapers have expressed the opinion that my side of the argument was best sustained).

Since my last article, "The American Medical and Surgical Journal," [for July, 1855,] conducted by S. Hollister Potter, M.D., Professor of Principles and Practice of Surgery and Obstetrics in the Syracuse Medical College; and E. H. Stockwell, M.D., Professor of Anatomy, Physiology and Pathology in the American Medical College, Cincinnati, O.; assisted by J. Emerson Kent, A.M., M.D., Professor of Medical Chemistry and Natural Philosophy in the Penna Medical University, Philadelphia; published simultaneously at Syracuse, N. Y., and Cincinnati, Ohio, has mingled the wordy fray, and delivered itself editorially, of the following prodigy:—

"DO MEDICINES ACT ON THE BODY?"

"Strange as it may appear, Dr. Trail of N. Y., the great champion of Hydropathy, and Dr. Curtis, the defender of improved Thomsonian, have been engaged in enlightening readers of the WATER-CURE JOURNAL and the *Phyco-Medical Recorder*, for months past, in warm discussion on the question standing at the head of this article, and they have written sixteen articles apiece on this enormous question already. Dr. Trail says the advocates of Hydropathy believe that 'remedial agents do not act upon the living system' but that those effects which are called remedies, result wholly from the action of the living system upon or against the remedial agents.

Dr. Curtis, in his strongest article, assumes if he can prove that one remedial agent acts on the living system, he has the victory. He also claims, he 'has demonstrated that tannin and other substances, act remedially on the system.'

"That 'medicines do act on the body' is an *axiom* (a self-evident truth) which no man of sense would allow himself to discuss for any other purpose than to restore a momentary difference in the mind. What reason is there whether a simple dose of physic—a tumbler of Saratoga water for example, acts on the bowels, or the bowels act on it, if the result is relieved of a large amount of recumbent matter? How important would it be for Dr. Trail and myself to use about one hundred pages of this journal in discussing whether a glass of the salt water here at Syracuse, N. Y. (which would be sure to physic any person), acts upon the bowels or the bowels upon it?

Not more than ten articles had been written by these distinguished disputants, before all the preliminaries were settled, and it was agreed to argue the real question at issue. Twelve other articles, making thirty-two in all, have since been interchanged, each laboring to show that the other is disposed to dodge the knotty question. Dr. Curtis, in the meantime, has spent two days in the Hydropathic School in New York city, by invitation, in discussing the important matter before the class. Dr. Trail acknowledges that 'the students were much edified and instructed by the clear and philosophical elucidations of Dr. Curtis,' but says that a *majority* of the class, at least, take positive grounds against Dr. C., and are still with him. It has seldom fallen to our lot to read so much, in which so little is really expressed, nor anything more truly sublime.

"The readers of both these periodicals are chiefly non-professional, or there would have been a general revolt of their subscribers long since.

"How long they will yet continue, or whether they will close before their editorial labors end, remains for the future to reveal."

I have two apologies to offer the reader for noticing this missile from Dr. Curtis' latest allies. One is, I deem the subject one of great importance, and for this reason am willing to notice anything that can be argued against my position, from any respectable source; and the other is, I have not heard from Dr. Curtis himself since my last article to him & Co.

I do not know which of the editors—Potter, Stockwell or Kent—got up the above article; but it is so bunglingly put together, and so incongruous with self-evident truth, that I rather suspect each made his part of it, and then all parts were put together into one promiscuous whole. I only know the article as editorial, hence expressing the sense or sentiments of the "American Medical and Surgical Journal," and as such shall notice it.

"What difference is it," ask these medical professors, "whether a simple dose of physic—a tumbler of Saratoga water for example—acts on the bowels, or the bowels act on it, if the result is relieved of a large amount of recumbent matter?" I answer, precisely the same difference there is between good and evil.

Let me ask Dr. Potter—the Professor of Surgery and Obstetrics—what difference it makes whether, in a gaseous limb, the living part casts off the dead, or the dead casts off the living? Or whether, in a case of parturition, the uterus acts upon the child, or the child on the uterus? Is it or is it not best to know and teach the truth?

Let me ask Dr. Stockwell—the Professor of Anatomy, Physiology and Pathology—what difference it makes in his teaching of osteology and myology, whether he makes the bones to act on the muscles, or the muscles to act on the bones? So long as there are actions and results, what matters it which is which, or why, or how, or when, or where, or in what manner? Professor Kent, who educates in Chemistry and Natural Philosophy—if it makes no difference whether he teaches that caloric acts on iron, or iron on caloric? Whether magnetism acts on or through the nerves, or the nerves on or through magnetism? Whether electricity acts along or through the telegraphic wires, or these along or through electricity? Whether the earth goes round the moon, and the sun round the earth, or exactly the other way?

In other words, gentlemen, doctors, does it make any difference whether you teach truth or falsehood? Whether you utter science or nonsense!

Gentlemen, I can hardly believe you are as stupid as you claim to be. I cannot help believing that you do see the importance of this question, and *fear it too*. For, should my side of it happen to be true, where then is your occupation? What will become of drug-medication? It will soon be *no more*.

If medicines act on the living system, as is the common opinion, then you Eclectics have just as good ground for the administration of your "innocent" poisons, as the Allopaths have for theirs, which are not quite so innocent.

But if perchance, the body acts on or against them, as it acts against all morbid agents, as injurious humors, all incompatibles, and all poisons, then it follows as an inference which no sophistry can avoid, that all drug-medicines

are at war with life, and that all drugs, whether of the Eclectic, Homoeopathic, Allopathic or Physio-Medical School, in the language of Prof. Payne, of this city, "Do but cure one disease by producing another."

And when the people believe and understand that the modus operandi of a glass of Saratoga water is the manner in which the system expels the impure ingredients, as so many poisons (you call their rapid and forcible expulsion a cathartic operation), then will the charm of dirty water be dissolved, and the purest springs will be most resorted to for sanitary purposes, just as the purest food is (or should be) employed to replenish the tissues; and the best and purest air to vitalize the blood. And it would follow further, that nature does and must ever cure disease by removing existing morbid causes, not by providing additional ones, as you do when you undertake to get recementitious matter out of the bowels, by means of more recementitious matter. In the shape of Epsom's salts or Saratoga water.

Pardon me, gentlemen doctors and professors, if I try very hard to make you comprehend that there is always an important distinction between truth and error. To illustrate:—If a patient has a weak stomach, as in dyspepsia, and you can give a tonic drug, as quinine, that will act on the stomach and give it strength, would it not be right to do so? Certainly, and you say a tonic does act on the stomach to give it vigor. But if it be true, as I contend, that the stomach loses its power in the action to get rid of the drug, and that what you call a tonic operation of the drug is but the waste of vital power, then it would be decidedly wrong, in *all cases*, to give tonic drugs. My position you may see, if you will, is fundamental, and if it be true, *all* drug-medication is wrong; the system or plan of curing diseases by things naturally incompatible with, and injurious to the structures and functions of the living body, is radically erroneous, and so superstructure, but of course, is built on such a foundation. Can you not see that herein is the key to unravel the mystery, that diseases are multiplied and made fatal, just as the drug materia medica is extended?

If you would devote 100 pages of your Journal to the discussion of this question, your readers, and the people through them, would derive a greater benefit than from all that has appeared in its columns, thus far, since it was ushered into being.

Before I conclude, I must say to correct two or three misrepresentations contained in the article I am criticizing. I find that persons who think loosely are apt to read carelessly, write hap-hazardly, and quote—erroneously.

You say, "Dr. Trail says the advocates of Hydropathy believe that remedial agents do not act on the living system," &c. Now, gentlemen, I never said anything of the sort. I have only stated my *own* position and opinions. The advocates of Hydropathy may, like the advocates of Eclecticism or Allopathy, have as many opinions as the case admits of; but as I have assumed no authority to speak for others, I am unwilling to be responsible for their opinions.

Again you say, "Dr. Trail acknowledges that the students were much edified and instructed by the clear and philosophical elucidations of Dr. Curtis," &c. Here you pervert my meaning, by cutting a sentence off in the middle. I said also, "In relation to the nature of disease and the effects of Allopathic remedies," and I added, "A majority of the class took grounds against him in relation to the modus operandi of medicines." Is it fair, is it entirely honest to misrepresent an author by a garbled quotation? You say it is a self-evident truth, an axiom, that medicines do act on the body. No doubt the good deacon of olden time considered it an axiom, and a self-evident one too, that if the earth rolled over, instead of being kept "right side up with care," Uncle Joshua's mill-pound would all spill out!

The deacon was deceived by appearances. He had not learned the law of gravitation, which would have enabled him to see through appearances to realities. You are deceived in just the same way. When you learn the law of relation between living and dead matter, between the human body and drug medicines, you will have a law to enable you to see through the apparent action of Saratoga water on the bowels, to the real action of the bowels on the Saratoga water, and then you will perhaps acknowledge that *truth is always important*.

Perhaps I can still more satisfactorily to you, illustrate the importance of "the truth, the whole truth, and nothing but the truth," by criticizing briefly, one of your own leading editorials on another subject. In the same July num-

ber, in which you declare you have seldom read anything "more truly irksome" than our discussion, I find a long, rather tedious, and highly metaphysical article on "Perception." The article is signed "S," which I suppose stands for Professor Stockwell. In this article the writer says:—"The office of perception is to *perceive* the objects which play upon the five senses." I think you have got your philosophy wrong end foremost. The office of perception is to recognize the relation of the being to external objects, to act on them, not to be *PLAYED* upon by them.

You say again: "The objects of perception are, whatever exists in the material world that possesses sufficient size and intensity to stimulate to a certain degree any of the five senses." Your philosophy is wrong side up again. This idea of external objects *stimulating* the senses is really very ridiculous. No, sir, the objects of perception are, whatever the mind, through the senses as medium, recognizes as distinct realities. Your error consists in placing the action in the inanimate material world, whereas it is in the living, acting organ of perception itself!

In another place you say:

"The facts of the outer world, before they can become the property of the mind, must pass through the senses, their nerves, sensorium, its ascending set of nerves, and the hemispherical ganglia, while the mind and brain preserve their normal relation. This organic medium for the transmission of facts from matter to the mind, should be of a certain quantity and quality. And if either of these is faulty, there will follow a corresponding feebleness of perception, though its own organization [organ?] be ever so perfect."

"External mediums, light, air, odors, heat, solid objects, flow from the sensorium into the sensorium. These five nerves flow into the sensorium. The sensorium flows into the diverging, ascending nerves of the cerebrum. These nerves flow into the cortical cells of the hemispherical ganglia."

The same fundamental error runs through all your philosophy. And it is the very one I am trying to dispossess Dr. Curtis of. "The facts of the outer world must pass through the senses." Can anything be more absurd than such metaphysical twaddle? The facts of the outer world are men, animals, things, rocks, trees, mountains, oceans, continents, planets, worlds on wheels, &c. These surely cannot pass through the senses! You mean, or should mean, just the contrary of what you say, which is the fact, viz., that the mind recognizes or acts on the facts of the outer world, these remaining passive all the while. If there is any "passing through the senses," that action is on the part of the living mind, and not on the part of the dead facts.

Your paragraph on "flowing," brings your argument to its appropriate climax of absurdity. But this you could not help, because your fundamental premise was wrong. Instead of solid objects, etc., flowing into the senses, [just an elephant a solid object?] the senses into the nerves, nerves into the sensorium, sensorium into the cerebrum, &c., till the whole is brought up in the "hemispherical ganglia," the "flowing" is all the other way. The mind "flows," alias *acts*, or recognizes outwardly through the external mediums, to the external objects, instead of these "flowing" or acting inwardly to the "cortical cells." In all this rationale, or operation of perception, and in all the phenomena accompanying it, the acts or objects of the outer world are entirely passive, whilst the living machine does all the acting. I could pursue this style of criticism through several pages of your article, but I trust these examples will be sufficiently "irksome" for once.

Hoping you will give this whole subject your serious and candid attention, and that you will let your readers see both sides of this controversy, and especially that you will correct the misrepresentations to which I have called your attention, I remain, gentlemen, very truly yours,

E. T. TRAIL, M. D.

GIRLS IN PRINTING ROOMS.—Ten girls have just been introduced into the press-room of the Washington Union, in place of boys. Gradually the girls are carrying on the war of Woman's Rights, and storming first one outpost and then another of the enemy.—*Mansfield Times*.

[As it should be in all printing offices. One of the reasons why the WATER-CURE JOURNAL has always been so beautifully dressed, is because it has been done by "the girls." Pretty girls. All good girls are pretty. "Handsome is who handsome does." Besides, the boys are always more supple, attentive, tidy and neat, when the girls are around. Strange, isn't it? But, somehow or other, it always works that way.]

Miscellany.

NORTH AMERICAN PHALANX.

Just as our last number was going to press we received the advertisement in which the domain and other property of this Association are offered for sale. We had then neither time nor space to express the regret we felt that the organization upon which we had looked with so much interest, and from which we had hoped so much, should be dissolved, and its beautiful estate pass into other hands. We felt that poor struggling humanity was about to lose something it could ill spare—that another star of hope was about to be quenched in the social heavens. But regrets are vain and foolish. The Phalanx, which has held its place for twelve years in the midst of a social order against which its very existence has been a continual protest, is about to close up its affairs, honestly and honorably meeting all its liabilities, and to resolve itself into its original elements; but the great truth that a better social order, founded on fraternal co-operation and unity of interests, will ultimately take the place of the existing chaos of antagonism and strife, still remains and will be demonstrated in God's own time.

But why has the Phalanx proved a failure? We might answer that this is begging the question. It remains to be shown that it has proved a failure. In a business point of view it has been deemed prudent to close up its affairs. This it does in its own name, and with its credit in the business world unimpaired. In some respects it has proved a great success—a triumph, as we could show if we had time and space at command. It has done much towards the solution of the great social problem which everywhere presents itself to the thoughtful philanthropist, and which cannot be put aside indefinitely. It has done its work and now makes room for another experiment, to be followed perhaps by another "failure," as the world will call it, and each time something will be gained which humanity will never lose.

But the immediate cause of the dissolution of the Association may be stated in few words. We have mentioned the debt under which it labored, and its lack of floating capital, through which to carry on its operations advantageously. These difficulties, though they embarrassed its business seriously at times, would probably have been finally overcome, but simultaneously with the commercial crisis of last autumn, came the destruction by fire of their mill and its contents, involving a loss of \$14,000, deranging their business, and throwing a portion of the population out of employment. From this blow they have not wholly recovered. The final result is known.

The domain and buildings of the Phalanx, now offered for sale, are all that they are represented to be in the advertisement, to which we desire to call particular attention. The estate is certainly one of the finest and most desirable in New Jersey. For a Water-Cure establishment or an agricultural school, it is admirably adapted. Persons wishing to see a more complete account of the Phalanx, are referred to *Life Illustrated*, Nos. 41, 42 and 43. (August 1855.)

A WATER-CURE HOSPITAL.

The poor, and especially the *sick poor*, have ever made large claims upon the time and attention of the conscientious physician; and in this day, when the enlightenment of community on the subject of rationally treating the invalid by hygienic means, is so rapidly progressing, the poorer classes are making earnest appeals to the Hydropathic profession for a share of medical aid. The Drug Doctor can prescribe his pills and poisons, his blisters and poisons, and then leave Nature to do the best it can against the accumulated evils of diseases labored and administered, and quietly lay his patient upon the shelf, until recovery or death leaves the scene. If the former, of course the wondrous abilities of the Doctor cannot be over-estimated; if the latter ensues, then, of course, the good M.D. had "done all he could," and it was all right.

Not so, however, the Water-Cure Doctor; he must be responsible for everything. Not alone the disease, with all its ramifications, but the fickleness of the patient, and the open or concealed opposition of those who would be the friends of the patient, and the Impertinent and officious

meddling of conceited jackanapes, who scarcely know the heart from the lungs.

Again, probably nine-tenths of the people have the most imperfect notions relative to the Water-Cure processes, and the necessity for using other means besides local and general applications to the surface, and regard any restrictions as to diet, as a positive hardship.

This ignorance and prejudice operate against the Hydropath, as they cannot against other schools, because in the latter, mysticism is a ruling principle, while the former enlightens his patient in every possible manner relative to the means of preserving health.

But all difficulties may be overcome by earnest and persevering effort, in cases where sufficient means are at hand to fulfil the indications presented; yet is it not discouraging and painful in the extreme, to witness the struggles of Nature against the combined influence of cheerless, sunless, and damp, close apartments in rear buildings, and among a class who have scarcely the means to eke out a miserable existence?

It needs but a glance to assure us, that prescriptions of regular and wholesome diet, &c., &c., would be like casting a fresh insult upon the poverty-stricken patient. And yet, such need care and attention, and have a right to demand it, and should have it.

But what can be done? Those who are willing to submit to the old school treatment, can obtain it, to their heart's content, at either of the four or five Hospitals with which our city is honored (?!); but they must be treated according to the most "regular" and *peculiarly scientific* regimen, which is there imposed, and this, with very many, is becoming exceedingly unpopular; men and women of sound mind and good judgment, refusing to submit to the barbarous treatment too often administered.

Now what is eminently needed, in this great city, is a Hospital where patients, who are too poor to receive proper treatment at their homes, can be cared for at a comparatively trifling expense, just sufficient to pay the actual expenses, and receive the control and prescriptions of the ablest talent in the Water-Cure ranks—which, I feel certain, would cheerfully be afforded gratuitously—and thus be saved years of disease and suffering, and, undoubtedly, in the largest majority of instances, be restored to complete health, and enabled to provide for themselves decently and honorably.

If such an institution could be established and successfully maintained, it would work wonders for the cause of Hydropathy, because it would show, in a more public manner than private Water-Cures, the surprising results which are produced by this mode of treatment. That it could be made to pay its current expenses, under judicious management, I have not the slightest doubt; and that it would be an honor to our city is equally certain; and the permanent good which would accrue to a class of persons who merit our sympathy and regard, would be ample remuneration for the slight amount of labor which we might expend in its behalf. I would respectfully call attention to this subject, and sincerely hope that the day is not far distant when those who desire it, can receive the benefits of a Hospital, where they will be treated like *humans*, and not as though they were *chemical laboratories*. R.

KEEP YOUR TEETH CLEAN.—The almost universal complaint of decayed and decaying teeth among almost all classes, is indeed most deplorable. To know that *our very bones should rot in our mouths* in youth, and in middle age, is, at least, a lamentable fact. Nor is this calamity confined to Americans; though it is said American women, more than any others, are unfortunate in this respect. But look in the mouth of the beef and plumb-pudding-eating Englishman, the sturdy oatmeal-eating Scotchman, the potato-eating Irishman, the sausage-eating, tobacco-smoking, and beer-drinking German, the frog-eating, coffee and wine-drinking Frenchman; *all* have occasion for the services of a dentist.

It is said, that the teeth of our native American Indians, including the Esquimaux, who live beyond the reach of whiskey and tobacco pipes, are far better than those of their more civilized brethren.

The native African is said to be blessed with sound teeth, but, so far as our studies and observations extend, most, if not all *civilized* nations, are "rotting in the mouth."

The old "remedy" of chewing and smoking tobacco, only *aggravates* the evil, so say all dentists, while the almost uni-

versal practice of medicine taking, hot tea drinking, eating hot food, including the flesh of animals, probably has *something* to do with this early decay of human teeth. Then, again, most people neglect to clean the teeth. Living upon unnatural condiments, pastry, confectionery, and drinking vile stuff—doctored with vile drugs instead of pure water; the teeth become corrupted, and covered with foul tartar, and filled with rotten filth; then comes a sickening foul breath, so foul indeed, as to be almost past endurance; by another, whose breath, in turn, though of a *different odor*, may be no less impure. Now this nuisance may be *lessened and alleviated*, if not entirely removed. Let each and every person, old and young, make it an invariable rule *to wash and clean the teeth* at least once a day, though better still, *after every meal*. Let mothers see to it, that their own and their children's teeth are *properly washed*. Begin now. If you have no tooth brush, get one the very first opportunity. We will send you one by mail, with a case of soap, for fifty cents. You do not need other tooth powders, tooth paste, or powdered charcoal; a tumbler of clean (soft) water, in which to soak the brush a few moments before using, is all you need. To begin with, if your mouth should be very foul, use a little fine soap; but the frequent use of the brush with clean water, will render even soap unnecessary.

For those who wish to study the physiology and anatomy of the teeth, we may recommend the two handy little manuals, named below, published at this office.

The Family Dentist; a Popular Treatise on the Teeth. By D. C. Warner, M. D. Price, prepaid by mail, 87 cents.

The Teeth; their Structure, Disease, and Management, with many Engravings. By Burdell. Price only 15 cents.

These little works in every family, a good brush and a cake of soap for each and every person, would be an ample "fitting out" for a life with a *CLEAN MOUTH*.

When the teeth begin to decay, go at once to a dentist—a Hydropathic Dentist, not those experimenting, hatching, drug-giving, nerve-killing "operators," who make a bad mouth worse; but to a sensible Hydropathic Dentist, who will *mend, not destroy*, the bones in your mouth. But more on this subject in another part of this Journal.

THE LENGTH OF HUMAN LIFE.—An article in the last number of Blackwood's Magazine, on the above subject, holds out the idea that the age of man should be one hundred years instead of three-score and ten. The author says, "We do not simply die; we usually kill ourselves. Our habits, our passions, our anxieties of body and mind, these shorten our lives, and prevent us from reaching the natural limit of human existence." Gluttony, he asserts, destroys more lives than intemperate drinking, and yet, "it is the fashion to restrict the term *sobriety* to the moderate use of liquors." A sober life no doubt implies moderation in all things—in eating, drinking, and in the enjoyment of all the pleasures of life. But although we have read and heard much of moderation in eating and in drinking, the difficulty has always arisen in our minds respecting the true standard of moderation. "What is it? We will define it." The standard suitable for one is not for another. No man can doubt for a moment the benefits of moderation—temperance in all things. But no man can or should set up his own standard for his neighbor. And yet it may truly be said, that general rules for temperance may be set down, which, if followed, would be of immense benefit: such as "not to eat so much as will unfit the mind for its usual exertions; or so much as will make the body heavy and torpid. Nor to pass hastily from one extreme of living to another, but to disengage slowly and cautiously, to eat plain and wholesome food, and to proportion its quantity to the temperament, the age, and strength of the eater. Not to allow the appetite for food or drink to regulate the quantity to be taken, but experience, void of sensual desire." These rules, if followed, will tend to promote health, and thus lead to a greater length of days and years in man's existence; still there is a natural period for man to exist, and neither food, drink, nor sobriety can place him beyond that. We find that each species of animal has its boundary of life, and so has man.

He has his infancy, youth, middle age, old age, and then comes the windings-shade, and the narrow horizon. But how long does his existence last? These are important questions. We find that thirty years is considered to be a generation; that is, the whole world is re-peopled every thirty years with a new race, and a like number departs

from it in that period. But no person considers thirty years as the natural term of man's life—seventy years being generally set down as that limit. A book, however, recently published in Paris, by M. Flourens, which has created no small sensation in that city, places old age at eight-fifty years, and the complete natural life of man about a century. He places first manhood between forty-five and fifty-five, and second manhood from that to seventy, instead of old age at that period. We are inclined to accept his view of the question as the most correct one. Buffon, the naturalist, entertained such an opinion. The rule of life laid down by him is, that animals live from six to seven times the number of years required to complete their growth, such as the horse, which completes its growth in four years, lives from twenty to twenty-four years, and a man who takes eighteen years to reach his full growth, may live more than a hundred years. There are but few men who live to a hundred years; and just as few horses that live to twenty-four, but that affords no reason why many men, and almost all men of a sound constitution, may not live for a century. The table of M. Flourens relating to life is as follows:

Man grows for 20 years, and lives 80 or 100	
The camel..... 5 "	40 "
The horse..... 5 "	25 "
The ox..... 4 "	15 or 20 "
The dog..... 2 "	10 or 12 "

This is somewhat different from Buffon, but he sets it down as a fixed rule, that all the larger animals live about five times longer than the time required for their full growth. This question is one of deep importance to the whole human family. It is one to which the ingenious Frenchman has brought a great amount of knowledge in investigation, and he holds up science, as presenting to all men by a life of sobriety, a very extended fund of existence. —Scientific American.

WATER-CURE IN IOWA.—DR. GEORGE E. KIRBALL, graduate of the New York Hydropathic College, will take the place of lecturer on Anatomy, Physiology, Hygiene, and the Water-Cure system of curing disease, during the fall and winter. The doctor is a thorough reformer in medicine and dietetics, understands his subjects, and possesses the ability to render them plain, practical, and interesting. His lectures will be illustrated by the *skleton* and other preparations; by upwards of thirty life-like drawings and paintings, and that most wonderful work of art, the MANAÏN, which, for nearly every purpose of instruction, is far superior to the human subject it so truly represents. By the aid of this apparatus the lecturer will be enabled to present the audience with a view of 2,000 different objects of the human system, among which the color and position of the lungs, heart, diaphragm, stomach, pancreas, liver, spleen, kidneys, thoracic duct, lacteals, and intestines, will be represented. These several parts will be seen in the *model*, from which they will be removed in presence of the audience, and their structure, uses and diseases familiarly explained. He will also treat particularly of the various diseases incident to the Western Country, such as fevers and ague, bilious and typhoid fevers, diarrhoea, dysentery or flux, cholera morbus, liver complaint, &c., showing their nature, cause, and cure by the Water-Cure or Hygienic system of practice.

Those who wish to gain an insight into their physical formations, learn the causes of disease and the prevention, by rendering obedience to the laws of life; and those who, by a *long course of drug treatment*, find themselves the subjects of *chronic ailments* (properly drug-diseases), would do well to attend his lectures, and consult him respecting their difficulties, and his system of practice. We will also have a quantity of Water-Cure works, and receive subscriptions for the JOURNALS. We cheerfully and with confidence recommend the doctor to the respect and patronage of any intelligent community that he may visit; and that, in our opinion, they cannot spend their time more advantageously than by attending his lectures. We wish him abundant success in his efforts to disseminate the true medical sciences, and promulgate the laws of life.

His lecture will be chiefly in the State of Iowa, at the capital of which State he is permanently located. [See advertisement.] And where he expects soon to have a *first-class Water-Cure* in operation. Friends of the cause in Iowa, shall have the benefit of your influence and co-operation to aid him in disseminating the principles of the Water-Cure?

Water-Cure Journal

NEW YORK, SEPT., 1855.

By no other way can men approach nearer to the gods, than by conferring health on men.—CHURCH.

THE POSTAGE ON THE WATER-CURE JOURNAL is only six cents a year.

SUBSCRIPTIONS may commence with the January or July numbers.

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MONEY on all specie-paying banks will be received at par, in payment for the JOURNAL.

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ON THE SAME TERMS.—It will be the same to the publishers, if either or both the *PHRENOLOGICAL JOURNAL*, or the *WATER-CURE JOURNAL*, are taken in one club at club rates.

SEPTEMBER TOPICS.

BY R. T. TRALL, M. D.

IS ALCOHOL ESSENTIALLY POISONOUS?—This is now the "vexed question" between Maine Law advocates and anti-prohibitionists. It is, too, a debatable, or, at any rate, a debated question, between learned and scientific men; between physicians, chemists, and physiologists. One class of writers contend that alcohol is, in relation to the human system, a poison, and nothing else; another class, with an equal parade of "authority," prove it to be a food—a *respiratory* food; and a third class cut the Gorgian knot by showing, to their own satisfaction at least, that it is both poison and food, or either, according to circumstances.

Here is a pretty pickle of perplexities for the simple-minded people—the illiterate public—those who have no guiding light in their pathway, save common sense and the evidences of their senses. How are they to know what is true in this mass of confusion?

An elaborate article appears in the July number of the *Westminster Review*, under the head of "The Physiological Errors of Teetotalism," in which the writer undertakes to prove the fallacy of the Maine Law principle, by showing that alcohol is not essentially poisonous; that it is actually an aliment or food; and that it is useful both medicinally and dietetically; and that, hence, the principle of prohibition, applied to the liquor traffic, is wrong.

Now, good temperance people, do not flatter yourselves that the absurdity of these positions destroys their force. They are false; but the writer aforesaid sustains his positions by the standard authors on chemistry and physiology, and by all the text-books of the popular medical schools.

These authorities are not to be despised. Liebig, who is regarded as the greatest living chemist, places *wine, beer, and brandy* in the class of foods. Pereira, the highest authority extant on Materia Medica, gives us the *alcoholic alimentary* principle; and Carpenter, the leading physiologist of the age, and the author of a prize essay on temperance, allows that alcohol is capable of supporting the vital process; and the great bulk and body of the medical profession, both theoretically and practically, coincide with the above authors. Were we not justified in intimating, as we have repeatedly, that the sordid spirit of the liquor-traffic is a less obstacle in the way of temperance reform, than is the false theories and, consequently, erroneous practices, of the medical profession?

Now, the multitude is always governed by the opinions of learned men, the professors of the several sciences, and the higher their scientific position in the schools, the more implicitly is their opinion relied on; hence, it is not difficult to apprehend the immense mischief that the temperance cause will have to suffer, from false doctrines emanating from high places.

Already, we notice that the arguments—the "demonstrations," as they are called—of the *Westminster Review*, are trumpeted forth by the Anti-Maine Law and the "half-and-half" newspapers, all over the country, as "clear, cogent, and conclusive," that alcohol is virtuous as well as drink; that science is, after all, in favor of "moderate drinking;" and that the teetotalers of all ages, and all over the world, have been, and are, laboring under one grand mistake. This is really "important, if true."

But how can we show its fallacy? We cannot, without impeaching the general doctrines of the medical profession; for out of these has grown that great-grand fallacy, unparalleled in the annals of science,—that alcohol is remedial or nutritive in any case, or otherwise than "essentially poisonous" in all cases and under all circumstances.

The error of Liebig and Pereira consists in mistaking the efforts of the system to get rid of a poison, for a warming and nutritive process; and the error of Carpenter and the medical profession generally, consists in mistaking the strength of action which the *organic economy* expends in ejecting alcohol from the vital domain, for strength of action imparted by the alcohol to the vital domain; and the strength of the *Westminster Review* writer consists in the ingenious manner in which he has engrafted a multitude of facts and statistics into and upon these fundamental errors. We may take occasion, at some future day, to sift this matter to the bottom, and explain and expose all of its facts and its fallacies.

MORE DISCUSSIONS.—We are pleased to notice that Dr. Wm. H. Cook, of the *Physio-Medical Recorder*, associate editor of our friend, Dr. A. Curtis, has challenged Dr. Newton, of the Eclectic school, to a discussion on the question—"Is inflammation a disease?" proposing to himself the negative. We hope the invitation to discuss will be promptly accepted, as there is no better way of arriving at the truth. To us there seems to be an intrinsic absurdity in the question; for

to call inflammatory action healthy action, is at once obliterating all distinction between health and disease. But many a man has discovered the fallacy of his position by setting himself seriously at work to prove it. So will it be with Dr. Cook. If he undertakes to demonstrate his position, he will, in the end, arrive at the conclusion that inflammation is not healthy action, but remedial action;—an effort on the part of the organism to restore the normal condition. However, let us have the argument.

THE BOSTON MEDICAL JOURNAL ON BATHING.—Once, every semi-occasionally, the *Boston Medical and Surgical Journal* unbudgets itself of a mass of scientific twattle, on the subject of Water-Cure in general, and bathing in particular. As this allopathic periodical has always evinced an especial regard for us hydropaths, and been very careful to keep its readers well posted as to the awful dangers and imminent perils of substituting water and air for colamel and blisters, we cannot more appropriately reciprocate than by posting up our readers on the subject of its wonderful wisdom and dreadful admonitions.

In the August number, the *Journal* says:

"The grand mistake of the army of 'Water-Cure' practitioners, is that which must invariably attend the over-riding of any mere hobby; they become men of *one idea*; actual monomaniacs, sometimes honestly, too frequently otherwise. The penniless foreign adventurer, or the shrewd native money-maker, thrives upon *water*—administered to others. The more serious aspect of the matter is, that every sort of ailment or more grave disease, the acute and the chronic, the fanciful and the too real and desperate, are all commingled and consigned to one and the same course of treatment. The young and the old, the robust and the feeble, are, to greater or less extent, drenched, packed and drenched! This procedure bears its absurdity upon its face; still, the public will not believe that such a lack of discrimination on the part of hydropathists is of any great consequence. We are willing to allow that there are those at the head of so-called 'Water-Cure' establishments, who conscientiously investigate the cases of those who apply to them for their peculiar treatment, and decide as to its applicability or otherwise, by the result of their investigation. These persons are but few, however; the most incredible ignorance and daring rashness mark the proceedings of a great majority of these establishments."

There are doubtless those in the "army of Water-Cure doctors" obnoxious to the censure implied in this extract; but the intimation that patients are generally treated with indiscriminate douching, packing and drenching, is wholly, and in our opinion, intentionally false. We say intentionally, because we have so repeatedly called the attention of the *Boston Journal* to its errors and misrepresentations, without, in a single instance, eliciting from it a fair and manly correction or explanation.

But, Messrs. Editors, if the army of Water-Cure doctors so abuse the bathing appliances, why do not you, in your superior wisdom, enlighten the people in the proper and better method of employing water? We practice the system as well as we can, and do all we can to inform others how to doctor themselves. And what do you do in the premises? Just nothing at all, except rail at us, and try to frighten the people from using water at all, except as pre-

scribed by a regular drug-doctor, in connection with his medicinal poisons.

The *Journal* says, again:

"Often times, the restoration to health of one individual under a watery regimen, which happened to suit his case, will set a dozen others agog for the same measures, which, nine times out of ten, will prove an injury to them."

We can only regard this as another of its too frequent exhibitions of untruthfulness; for we defy the *Journal* to prove the assertion to be true, either in its letter or spirit,—so we proceed to the next paragraph:

"Hydrotherapy, or the cure by means of water judiciously applied, has been a familiar thing to the profession ever since Hippocrates; it is quite true that late years have seen its more general application, and, in the hands of the physician and surgeon, immense advantages may be very frequently obtained by it. To give it the place of a *panacea*, is at once absurd and dangerous."

The *Journal* knows, or has had ample opportunity to know, that we do not make water a *panacea*. It knows, or ought to know, that our remedial system embraces *all* hygienic appliances, either one of which is just as important—as just as much a *panacea*—as water. But it always conceals this fact from its readers, and barks away at water with as much noise and as little sense as a dog sometimes bays the moon.

If our allopathic brethren, with whose theory and practice we honestly and conscientiously differ, will treat our system fairly and truthfully, they shall, in the discussion of our differences, receive from us all due professional courtesy and gentlemanly politeness. But if they are resolved to persevere in regular and systematic slang, misrepresentation, and falsehood, we shall give them occasionally a specimen of plain, unvarnished truth, perhaps in "short Saxon."

There is an implied, and, we believe, intentional falsehood in this statement that the profession, ever since Hippocrates, have been familiar with the judicious application of water. The majority of non-professional people know this is not true. It is within the recollection of a majority of adults of middle age, that in such diseases as fevers and inflammations, pure water, as a wash or as a drink, has been almost entirely prohibited by the profession generally. Nay, such is the fact at this day, to a great extent. If you had limited your remark to a few individuals of the profession, it would have been true. If you will tell us how and under what circumstances allopathic physicians will now sanction the use of water, in the treatment of diseases, we will publish it for their benefit. And, in conclusion, I will remind you, that if "late years have seen more of the general application of water," the "immense advantages" are owing to our exertions to extend it, and in spite of yours to prevent it.

DEMINEURALIZING THE BODY BY ELECTRICITY.—The drug-taking community of our city has recently been not a little startled by the experiments of a French chemist, Mr. De Vergnes, of 200 Sixth Avenue, in deterring mineral drugs and medicines from human bodies, by means of electricity. He places the patient, isolated, in an acidulous bath, and applies the positive pole of the battery to the hand. In course of half an

hour, more or less, the water surrounding the patient becomes impregnated with whatever mineral or metallic material existed in the body.

Several of the patients of our institution, who were many years ago subjected to the usual course of drug-medication, have submitted to his experiments, and in each case the mineral ingredient was discovered in the water, and precipitated by the proper chemical tests. Dr. Taylor, Professor of Chemistry in our School, and Doctress Cogswell, teacher of Chemistry and Physiology, have attended these operations, and carefully tested the water before and after the immersion of the patients.

From one of our patients, who has been more or less drug-doctored for twenty years, the chemist extracted *mercury, lead, and arsenic*, from another *arsenic* alone, and from another person *lead* alone.

These facts seem to prove pretty conclusively what we have long contended for, and what drug-doctors as generally deny, that it is always dangerous and always injurious to impregnate the system with any mineral substance whatever; also, that it is much easier to get the poisons into the system than out of it.

The rationale of the process is no doubt that of endosmosis and exosmosis, intensified by the electrical or galvanic current.

As a considerable portion of the business of Water-Cure physicians consists in getting drugs out of the system—in other words, curing drug diseases, it is quite probable that the plan of Mr. De Vergnes may enable us to deterger the mineralized bodies of our patients in a much less time than by the ordinary bathing process, for it often requires months, and in some cases years, to accomplish this result. We shall investigate this subject fully, and, in due time, give our readers the result.

SUMMER COMPLAINTS.—Thus far our warm season has been less prolific of death from summer maladies than usual. Still the mortality has been great, and will be so long as people generally "live, move, and have their being" in violation of physiological law. Dysentery, diarrhoea, and cholera infantum take off several hundreds of children per week, and occasionally a sporadic case of cholera, or something resembling it, is reported.

So far as the treatment of these cases are concerned, we can only reiterate what we have said so many times. The usual drug-practice is now as heretofore, calomel, opium, sugar of lead, brandy and blisters, under which, in our humble judgment, multitudes die who would recover if left to themselves, or if, as Dr. Johnson says, "there was not a doctor or apothecary in existence."

We have been called upon to prescribe in many cases of dysentery and cholera infantum, which are now the leading items in our bills of mortality, and can again say that we have not lost, have never lost a patient with either of these diseases. Other hydropathic physicians in this city and vicinity—Dr. Taylor, Miss Cogswell, and Mrs. De La Vergnes—have treated many cases, and have lost none. Nor have Dr. Adams of Brooklyn, nor Mrs. Lines of Williamsburgh, each of whom has a large practice, lost any case

of bowel complaint this season that we have heard of. Surely this unparalleled, this universal success by all the physicians of our school in this city and vicinity, ought to weigh something when placed in the scale against the three or four hundred cases which die weekly under drug treatment. But it requires something more than miracles to remove the scales of prejudice at once from the eyes of the people.

We cannot refrain from calling the attention of American mothers, once more, to a very significant fact. Cholera infantum, which is the prevailing summer complaint here, is almost unknown in England. Why is this?

It is well known that English mothers and nurses feed and train their children incomparably better than do American mothers and nurses. Their children are kept on the plainest food, and allowed plenty of out-door air and exercise. Here they are stuffed with all conceivable abominations, sweet cakes, candies, mixed dishes, salt fish, pork, lard, &c. In fact, we know of no women on earth who feed their children so murderously as do those of our boasted land.

SUN STROKE.—The *Tribune* contains an article on this subject, which we copy for the purpose of dissenting entirely from the plan of treatment recommended:

"These attacks occur after sudden great exertion in persons previously debilitated, or whose systems have been deranged and prostrated by intemperate habits, by exposure, over-work, unwholesome or meagre food, and the like. The case resembles apoplexy in some of its external features, and is often mistaken for it, but in truth is very different; the brain is not congested as in that disease, no effusion of blood, no serum on the brain's surface; the patient is pale, cold, and quite; or, as is often the case, he is convulsed and has tremors like one in delirium tremens, both on approaching and recovering from insensibility—his pulse weak, quick, and frequent, 100 to 160. On the contrary, in apoplexy he is flushed, heaving and stertorous, or his breathing is very hard—pulse full, strong and slow. It differs entirely from apoplexy in requiring stimulation from the commencement; bleeding, which the new schools hardly ever allow, is fatal in sun stroke—many cases are lost by it; indeed one-half of all die.

"To laborers who are exposed, and especially liable to this visitation, we would give a few plain, simple directions to be followed immediately on the appearance of an attack. Give the sufferer stimulants of brandy or ammonia, or the two together; administer them constantly and freely till he shows signs of returning sensibility—in doing this there is little or no danger of intoxicating him or of harming him in any particular—apply mustard poultices freely to his chest, abdomen and extremities, keeping his head well bathed with an abundance of cold water.

"The best preventives are light, well-ventilated straw hats, with a wet handkerchief worn inside on the top of the head. Great caution should be observed before drinking, while heated and exhausted, to first wet the head, temples and wrists. In India it is the commonest accident of the climate. Among the European residents there is great dread of it, and every precaution is taken to prevent its occurrence: persons keep within doors all day between the hours of eight and six, unless called abroad by business; and in the streets they wear large dome-shaped hats, made of the pith of the Sola tree, which is lighter than cork. These hats have an arched aperture in the top to procure the freest ventilation.

"In order to resuscitate a man from the profound coma of *coup de soleil*, flagellation with

switches or small whips has been employed in India, as in cases of narcotizing with opium."

The treatment above recommended is predicated on the common, yet erroneous notion, that alcohol, in some mysterious way, "supports" or "rouses up," or "imparts" vitality. We regard the use of brandy, ammonia, &c., and indeed all stimulants in such cases, as absolutely lessening the patient's chance of recovery. The operation of stimulants is precisely like that flagellation which the writer quotes approvingly, as well he may, for if brandy is good, whipping is good, and vice versa.

It is true that brandy or the lash will cause the patient to manifest life, if there is any left to be manifested; but it is manifested in resenting and resisting the injury, not in removing the real cause of the disease. The effect, therefore, is further to waste vitality, and must be invariably injurious.

The proper treatment is abundant ventilation, cold water to the head, warm water to the feet, and warm dry cloths to the body if the temperature be low, and tepid sponging if it be above the normal standard. The mustard poultices are of a piece with the brandy and the flagellation—worse than useless.

To Correspondents.

Be brief, clear, and definite, and speak always directly to the point. Write us words.

THE ACTION OF PRUSSIC ACID.—Mrs. B., of Texas, is inclined to side with "mine adversary," Dr. Curtis. She says, "I have been extremely interested in your discussion, but, Hydropathist as I am, I am obliged to believe that poisons do act in living matter. I once knew a physician, who sent a prescription of prussic acid to an apothecary, for a consumptive patient. The apothecary filed the receipt, but sent word to the patient that the acid was too strong to be taken in the prescribed dose. The next morning the doctor was fretted to find his directions not followed, and declared he would take it himself to prove there was no danger. He swallowed the dose, fell backwards and was dead in a few moments. I think in this case, the vital powers did not have time to rally so despatchly to defend themselves from an enemy."

Then it is a question of time, is it? Pray, how much faster can a dead, insensate thing, which has no property except passivity, act, than a living, animate tissue, whose distinguishing property is action? So far as time is concerned, a tenth part of a second is amply sufficient. The vocal cords of the smallest insect, whose voice is recognizable by the human ear, vibrates 8,000 times in a second. Inaction cannot grasp the rapidity with which living matter can act. If this objection is all that pieces you with Dr. Curtis, I am bound to have you before I am through with it.

ANONYMOUS COMPLAINER.—P. D. W., Newark, N. J., lectures us severely because we decline answering the questions he may ask, without giving his or her name. Ha (or she) says: "I do not wish advice gratis, but it could make no difference to you whether I use my initials or tell name?" &c. Indeed, sir (or madam), it does make a difference. We charge nothing for answering questions in this department, and are glad of the opportunity; but we shall follow the rule all public writers and all publishers have adopted, in declining to devote our time and attention to anonymous writers. You should allow us to be the judges of the rules we are willing to be governed by. There would be no end to imposition, if the rule you so modestly dictate to us were to be followed; as in evidence in your own communication, for you say you are willing to pay, but withhold your name! On whom should we have a claim, if we should accept your offer?

SWEET CREAM AND DYSPEPSIA.—A. B., Northampton, Mass.—Is sweet cream and milk objectionable

as a part of the diet of one afflicted with dyspepsia and disordered liver and bowels, with constipation and much rheumatism, if no inconvenience is felt by the patient? What should the home treatment of such a case be, in relation to baths, &c.? Should the patient have well-selected lean meat once a day? Is a soft-boiled egg admissible?

Cream and milk are admissible, though not the best articles. The bathing must depend entirely on the condition and circumstances of the patient, which you say nothing about. As to meat, the propriety of eating it depends on the character of the rest of his diet. If he has a bad selection or preparation of vegetable food, he had better eat flesh; if he has a good selection and preparation of vegetable food, he had better not eat flesh. Ditto of soft-boiled egg.

MALARIA.—A. C. C., California.—Is it true that there is more noxious malaria in the atmosphere in the morning than at any other time of day? It is so in most of malarial localities. The sunlight is one of the best disinfectant or decomposing agents. Eat at the regular times, under all circumstances. Nutriments cannot be supplied to the hair through the absorbent vessels of the scalp.

PORTABLE BATHS.—"One of the baths patented contains provision for a warm and cold douche, a warm and cold shower, and showering various parts of the body topically or diffusively, and, in fact, giving every desirable variety of bath, and all by 'very simple means.'"—*Patent Office Report for 1848*, p. 26.

"Is there a portable, convenient shower bath, at a moderate price, answering to the above description, in the market?"

"If not, will you give what, in your opinion, is the best one in use?"

We know of none such in the market. A gentleman in this city is now engaged in constructing a bathing apparatus which, we are inclined to believe, will answer this desideratum. It may not be fully completed under several months.

POISONING.—J. M., Lancaster, O.—"What is the Water treatment for poisoning, occasioned by the person coming in contact with a certain weed or vine, growing wild in fields, climbing bushes, fences, trees, &c., like hop vines, called here, Poison Weed? It occasions severe itching; the person afflicted can scarcely keep from scratching till the skin is rubbed open; sometimes it overruns the whole surface of the body, the face becomes swollen and is very painful; the most common way is for the legs or hands and arms to be affected. Some are not affected at all by coming in contact with it, others by the slightest touch."

Keep the skin clean by daily bathing, and the blood pure on a vegetable diet. Nature will do the rest.

STAMMERING.—B. L., Iowa.—The only machinery adapted to all forms of stammering, that is invented and patented by Mr. Bates, of Philadelphia. Combined with proper exercise of the respiratory muscles, we have faith that it will cure all cases. We have now under treatment a young man, who stammered very badly in the guttural, labial and lingual sounds, and who is now beginning to talk very well. The employment of medicine in such cases is the result of ignorance or sheer humbuggery.

INFLAMMATORY RHEUMATISM.—A. P. W., South Scio,—"Can inflammatory rheumatism be cured in one who has been afflicted ten years in the hands, knees, ankles and feet, whose occupation is travelling, and whose diet is such as travellers usually get?"

It can be cured by changing the diet from such as travellers usually get, to such as travellers ought to get. You should avoid the worst articles of the ordinary tables, and select the best; and take a towel wash once or twice a day.

MILK FOR BABES.—D. D., Franklin Grove, Ill.—"How shall we raise our infant child, being deprived of that natural resource, its mother's milk?" If you cannot find a wet nurse who is in good health, and lives healthfully, feed it on the milk of a healthy cow, who is fed on her natural food. The cow's milk should be diluted with about the same quantity of water at first. When the child is six months old, begin to feed it with a little Indian or wheat meal and meal mash.

CANCERS.—A. O. S., Worcester, Mass.—"Will Dr. Trail inform us whether he can remove cancers by surgical operation and whether there is any other cure?"

These questions were answered and explained in the August JOURNAL. We remove cancers by a surgical operation, but the operation consists in cauterizing and freezing the part, not in cutting; and this is certainly the best plan, although cures by other means are possible.

TEXT BOOKS.—U. C. B., Freeport, O.—The text books mostly used in the Hydropathic Medical College are Wilson's Anatomy, Conkling's and Cornish's Physiology, Miller's Surgery, Youman's Chemistry, Duglison's Dictionary, Beech's or Mag's Midwifery, Smith's Fruits and Farinacea, Trail's Encyclopaedia, Trail's Uterine Diseases. We are not acquainted with the particular preparation Dr. Schell relies on mainly in the treatment of cancers, but we are prepared to treat them on the same principle.

CANKER IN THE MOUTH.—W. N., Jr., North White Creek.—This affection is always symptomatic of indigestion or a diseased liver. Treat the original disease, and the canker will, in due time, disappear.

DACRYOCEOTYPES.—F. A., Davenport, Iowa.—"Is the taking of dacryocetypes injurious to a person of weak lungs?" Not particularly so, provided all parts of the process are judiciously managed.

RENNING AT THE EARS.—S. B.—Probably this affection, and also the serofulous humor which afflicts the other child, is owing mainly to the drugs—calomel, quinine, &c.—the mother has taken. Attend well to the general health, especially as far as diet is concerned, and give them a daily tepid bath. "Nature will then have a chance to undo what the doctors have done."

DYSPEPTIC CONSUMPTION.—V. H. G., Burns, N. Y.—Your symptoms indicate an ordinary "liver complaint," with a tendency to diseased lungs. If the disease goes on, it may terminate in what is called dyspeptic consumption. At present it is to be regarded and treated as a disease of the liver.

SCARLET FEVER AND ERYSIPELAS.—S. W.—"Does giving injections all through the first stage of scarlet fever, send the disease to the throat? Can erysipelas, by vaccination, be entirely drawn from the system?" No, to both questions. The injections should be of tepid water, and only used to the extent of relieving the bowels of accumulated feces.

SALT WATER.—H. O.—"Please state in your WATER-CURE JOURNAL whether salt water bathing is healthy? and if it is, would it not be well for those who live far from the sea-shore, to put salt in the rain water? Is well-water as good to bathe in as rain-water?"

Salt water bathing is better than no bathing at all; but fresh water is to be preferred under all circumstances.

FLUX.—W. H., Aurora, Ind.—"One year ago I was treated for this disease Allopathically, but not cured. My bowels remain weak, and my whole digestive system impaired. Ought I to use much stewed fruit? Are potatoes suitable for me? What kind of bread is best? Ought I to use molasses? Are pickles of any kind admissible?" 1, No; 2, Yes; 3, Unleavened; 4, No; 5, No.

THE WATER-CURE IN 1841.—Mr. L. D. CRANDALL of Almond, N. Y., sends us the following, from the *Philadelphia Saturday Courier*, of January 23, 1841, and "wonders who the Editor of the *Courier* thinks of the Water-Cure by this time."

"CURING BY COLD WATER.—There have been almost all kinds of pretensions; but the last we have seen is that of the celebrated Quack Dr. Vinetz Priessnitz [Vincent Priessnitz] who resides in the province of Moravia in Germany. It is now about five years since the Doctor commenced his practice, and now he is visited by the proud, the noble and the common, at his farm, all having implicit faith in his wonderful skill. He resides near the town of Graefenberg in Germany, in a mountainous but very healthy spot. It is stated in a German paper that he uses no medicine except cold water. At seven o'clock the symptoms of an inflammatory disease appear, the Doctor takes a linen sheet, wets it in cold water, and after wringing it effectually, he spreads over it a very thin bed of cotton wool. He then addresses the patient with great despatch, and lays him on the wet sheet in bed, wraps this and the blanket very tightly around him, and covers him with several feather beds. The patient after being ten minutes in this situation, becomes warm throughout the system. All spices, as well as wine, tea, wine, and cold water, cold water, cold water, only is recommended, and to be used very copiously.

In fact, the account informs us that 'the Doctor' is entirely a 'cold water man.'

What rapid strides has this simple but most effective remedy made, since 1841? Observe, too, what improvements have been made in the application of water—cold, tepid, warm and hot—of all temperatures, according to the nature of the disease. Then consider the other Hygienic agencies now embraced in the Hydropathic or Water-Cure treatment! Diet, air, exercise, sleep, rest—in short, all health-producing agencies; while all health-destroying agencies, such as drugs, and all other poisonous compounds, including patent medicines, sarsaparillas, pills, plasters, cod liver oils, ointments, and the whole category of saddle-bag shop stops are excluded. Yes, the Water-Cure is after them, and will make a clean sweep, Niagara like, and introduce a new order of CUREING SICK FOLKS!

HYDROPATHIC MEDICAL SCHOOL.—WINTER TERM of 1855-6.—It is desirable that all students who purpose attending the winter term, and who wish board and rooms in the Institution, should let us know at as early a period as possible. We can accommodate, in the establishment and in our private house, from fifty to seventy-five. More than two hundred persons have assured us of their intention to attend the school as soon as practicable; and more than half of this number have expressed the opinion that they would be able to attend the term commencing Nov. 1st ensuing. It is not impossible, nor very improbable, that our next class will number one hundred or more. And if we can be assured of this fact in season, we will make ample accommodations, or have another boarding-house expressly provided for them. We request, therefore, that all students will give us notice as soon as they have determined the fact positively that they will attend.

Those persons who are aware how difficult, and, indeed, how impossible it is to procure hydropathic or healthful food at hotels or ordinary boarding-houses, will appreciate the importance of this notice and these suggestions.

R. T. TRALL, M.D.

WINTER WATER-CURES.—The present indications are, that a greater number of First Class Establishments will remain open the coming winter, than ever before. Formerly, patients sought treatment only in the summer-time, while many of the most remarkable 'cures' ever recorded, have been performed in the winter season. The best authorities are in favor of fall and winter, in this latitude, for the treatment of most diseases.

WATER-CURE IN WORCESTER.—Our friends, the BROTHERS ROGERS, are hard at work building up and extending their facilities for Hydropathic Treatment, in the pleasant city of Worcester. They will, in future, keep open summer and winter. Since the Doctor's return from Paris, we understand he has been making some valuable scientific translations, which may be given to the public when the proper time arrives. Worcester may be easily reached from all points of the compass, by railways, at all seasons of the year.

THE WYOMING WATER-CURE is announced as being in readiness for fall and winter, with accommodations at reduced prices. For particulars, see advertisement.

A WATER-CURE AT NIAGARA FALLS!—Plenty of water, we should say, and something of a "roar." Our only wonder now is, that the thing had not been thought of before. The following extract from a letter, just received from Lockport, Niagara County, N. Y., explains itself:

"I have just concluded a bargain for a lecturing apparatus, worth \$5,000, which I expect to receive the first of the week. If it arrives, I shall enter the lecturing field the first of September, 'armed and equipped' ready to do battle for truth and humanity. Old fogies and drug doctors will receive no mercy at my hands. I expect to start a Water-Cure at Niagara Falls, in the Spring. Thus you see I am unsettled just now. When I get the apparatus you shall hear from me again. Respectfully,

"H. KNAPP, M.D."

A CARD.—ECONOMY, EFFICIENCY AND PLEASANTNESS IN WATER-CURE.—For beauty and real enjoyment, the present is unsurpassed among all the seasons of the year. We have at Oyster Bay a mild and mellow autumn,

the best of water and air, the finest of scenery, the greatest abundance of fruits, including grapes of most delicious quality; a combination of circumstances, in short, which may well remind us of the garden of Eden itself. Invalids who desire to take the best course of restoring health, come and see. Refer to our advertisement.

JOEL SUW, M.D., Oyster Bay Village, L. I. N. Y.

Literary Notices.

ALL Works noticed in this department of the JOURNAL, together with any others published in America, may be procured at our Office, at the Publishers' prices. EUROPEAN Works will be imported to order by every steamer. Books sent by mail on receipt of the price. All letters and orders should be post-paid, and directed to FOWLER AND WELLS, 308 Broadway, New York.

LECTURES AND MISCELLANEA. By Henry James. New York: Fowler and Wells. [2mo, pp. 442. Price, prepaid by mail, \$1.25.]

Henry James is one of the foremost thinkers of this age and his books will be read and admired by appreciating thousands in this and other lands, when most of the works which to-day are floating so bravely on the tide of newspaper puffery shall have been buried beneath centuries of oblivion. They find now "fit audience, though few, among the liberal, the thoughtful, and the progressive. They combine great depth and originality of thought, with remarkable clearness, vigor, and polish of style, and a hearty earnestness and uncompromising honesty of purpose, which are as refreshing and attractive as they are rare. They are full of thought, but they suggest even more than they express. They are not books to be thrown aside with the first reading. The volume before us is made up, as its title indicates, of miscellaneous papers, in the form of lectures and essays. The former were delivered in New York in the winter of 1850-51, and attracted a good deal of attention at the time. The topics discussed by Mr. James are generally social, political, or theological, but he examines all these subjects from a standpoint far above those from which philosophers and schools get their partial and one-sided views. We give the heads of his chapters: "Democracy and its Issues;" "Property as a Symbol;" "The Principle of Universality in Art;" "The Old and New Theology;" "The Scientific Accord of Natural and Revealed Religion;" "The Laws of Creation;" "Berkeley and his Critics;" "God;" "Man;" "Responsibility;" "Morality;" "A Very Long Letter;" "Spiritual Rappings;" "Intemperance;" "Christianity." To all thinkers and lovers of free thought and honest expression, we commend the writings of Henry James, and particularly the volume under notice.—*Lit's Illustrat.*

ARCHY MOORE, THE WHITE SLAVE; or, Memoirs of a Fugitive. By Richard Hildreth. New York and Auburn: Miller, Orton and Mullaigan. [2mo, pp. 408. Price, prepaid by mail, \$1.25.]

This is a new edition of an anti-slavery novel, originally published anonymously in 1836, when it attracted considerable attention. It now appears with a new Introduction and with the author's name upon the title-page. Mr. Hildreth is well known as a writer of great vigor and earnestness. His "Dispositum in America," and "History of the United States," are works widely read and appreciated. The book before us is the result of the author's observations and reflections during a residence in the South, and is one of the best works of its class.

THE YOUNG WOMAN'S BOOK OF HEALTH. By Dr. Wm. A. Alcott. New York and Auburn: Miller, Orton and Mullaigan. [2mo, pp. 311; price, prepaid by mail, \$1.]

Dr. Alcott's books are almost as numerous as those of G. R. Hays, whose prolificness has passed into a proverb, and it is not surprising that both sometimes repeat themselves. Well, the doctor's books are in the main excellent, and we hope he will live to write at least a dozen more. His main object in this volume is to teach young women how to preserve health. A more important subject can claim the attention of no writer on hygiene. The work is eminently practical in its character, and most of its rules and hints are sound and valuable.

NATIONAL GEOGRAPHICAL SERIES.—A. S. Barnes & Co. have issued the third number of their Geographical Series. It is entitled "An Improved System of Geography, by Francis McNally." It has some advantages over any work of the kind with which we are acquainted, and we cordially recommend it to all who are interested in education.

T. S. ARTHUR'S NOVELS.—T. B. Peterson, Philadelphia, has just issued another novel by T. S. Arthur, entitled, "Trial and Triumph; or, Firmness in the Household," which he sells for 25 cents.

THE MAY FLOWER. By Mrs. Harriet Beecher Stowe. Boston: Jewett & Co. Price, \$1.25.

The May Flower is a collection of stories, some few of which were written years ago, and had an enviable "run" in the newspapers; others are new, written with a stronger, but perhaps no more pleasing pen. We are glad to see all collected in the form here presented, for the sketches picture real life, and are too good to be lost. To pass away one of those hours when one is not particularly engaged, and still dislikes to be idle, we know of no better book than this.

YEAR BOOK OF AGRICULTURE.—MESSRS. Childs & Peterson, of Philadelphia, will publish in October a work with the above title, the object of which is "to aid in the progress and development of that science upon which the prosperity of our country so eminently depends," and proposes to show the progress and discoveries of agriculture for the year 1855. It is to be edited by David A. Wells, Esq., a gentleman well qualified for the task. We refer the reader at present to an advertisement of the work, and when it appears, will speak of it again.

Business.

ONLY TWENTY-FIVE CENTS FOR THE WATER-CURE JOURNAL SIX MONTHS! Our Campaign Paper! Patent pill peddlers, "clear the track." Everybody wants to see the Water-Cure Journal "cunning" right along. Friends, agents, and subscribers, will you put your shoulder to the wheel, just to give the thing a start!

We will send one hundred copies of this JOURNAL six months to one or one hundred different persons, to one or one hundred different Post-offices, for twenty-five dollars. Fifty copies, six months, for \$12.50, and Twenty copies six months, for only \$5! That is to say, for only twenty-five cents a copy! "Now is the day, and now the hour." See that every family has a copy.

Address FOWLER AND WELLS, 308 Broadway, New York.



NEW TEMPERANCE MEDAL.—Above we publish an engraved fac-simile of the new temperance medal recently issued by the New-York State Temperance Society, in commemoration of the passage of the Prohibitory Liquor Law. The pieces are a little larger than an American quarter dollar, and are plated with gold and silver. They are designed as presents for children and youth in schools and families, and are particularly appropriate as presents for classes in Sabbath-schools as rewards of merit; or, indeed, as tokens of friendship, a remembrance, or as a cheap though permanent gift. They may be had single, by the dozen, the hundred, or by the thousand, at the following prices:

For the gold medals 20 cents each; for the silver medals 10 cents each; for the gold medal by the dozen \$1.50; for the silver medal by the dozen 75 cents.

Orders should be addressed to FOWLER AND WELLS, 308 Broadway, New York.

We take pleasure in calling the attention of our readers to the advertisement of Messrs. Bishop & Landon. The inducements which they offer are certainly extraordinary; as they have never seen an opportunity for housekeepers to buy furniture and carpeting.

DAD DENTIST, like bad doctoring, is the cause of agonizing pain and wear and tear of constitution, neuralgia in the face and jaws, ulcerations, bad breath, general debility, nervousness, blindness, headache, exhaustion, decay, and premature death. This particular is most lucidly described in an article under **Terms Disturbers**, by Dr. J. W. Crows, in the present number. We commend the subject to all who have *bad teeth*, and wish to keep them so; and to all who have *bad teeth*, and wish to improve them. The hot drinks we indulge in, the tobacco we use, the mercury we swallow, and the slovenly manner in which we treat the teeth, is causing great destruction and general decay to these useful and ornamental members. What can be done, that they may be saved? **THE WATER-CURE JOURNAL** will inform the reader, from time to time, how to treat the **TEETH**.

A **SENSIBLE, THOUGH VERY MODEST WATER-CURE PHYSICIAN**—It gives us great pleasure to refer to the advertisement of our most faithful fellow-citizen, Dr. G. H. TAYLOR. Our readers are already acquainted with the doctor as a writer and literary man, through his scientific articles, published in the **WATER-CURE JOURNAL**, but we wish now particularly to commend him as one of our most successful, skillful, and successful Hydropathic physicians. Dr. Taylor is a thorough *same man*. He is free from crooked crochets or eccentricities, and is a sound, sensible, and very judicious man. He is also one of our most learned and scholarly gentlemen. We hesitate not to say, we hazard nothing in saying, that *all* who place themselves in the professional care of Dr. George H. Taylor, will be treated in a wise, proper, and satisfactory manner. "We have been through the mill," and speak from what we do know.

HOW HE LIKES IT.—A subscriber in Illinois who failed to receive a number of the **W. C. JOURNAL** when waiting to have it *re-mailed* to him, says:

"I think there has never been a number of that **JOURNAL** published, but what I have read, but that. The **JOURNAL** is nearer my ideal, than any that I know of. True, it may not be quite as *radical* as your bearded friend, but then it stands well in the routes of progress, and no doubt is doing a valuable and effective work for the physical regeneration of humanity. Physical—aye, and moral too."

"H. N."

DIRECTIONS for putting up and using the New FAMILY HAND-MILLS.—With each mill we send three large screws, all of which should be used in fastening it up. It will add to its strength and firmness, if three of the ears on the mill are let into the post a trifle before putting in the screws.

In grinding corn and large grain, the mill should not be geared too close, at first, but the more open it is the easier it will grind. When extra fine meal or flour is desired, the mill may be geared up more tightly, and the grit run through a second time.

OUR NEW WEEKLY.—It is now nearly a year since we commenced the publication of A FIRST-CLASS WEEKLY JOURNAL, under the title of LIFE ILLUSTRATED. It has already reached a fair circulation, and has been commended as a new **WEEKLY NEWS-PAPER**. A new volume will soon be commenced, and it will be a good time for present subscribers to *renew*, and for new ones to *begin*. It is determined by the publishers to exclude all sickly, ephemeral trash and nonsense, and to include sound sense, good morals, useful instruction, with the most wholesome and agreeable entertainment. The news of the world is given each week, together with matters of interest to all classes. The Farmer, the Mechanic, the Merchant, the Student, and professional man, each and all may find just what thing he needs in our well-filled columns. New inventions, and useful implements, new books and other publications, new discoveries in the sciences and new markets for trade and commerce, will be regularly published in LIFE ILLUSTRATED.

In another place we give an advertisement in which the objects of the paper are more fully pointed out. Those of our friends who have occasion for a first-class *weekly*, may find it in LIFE ILLUSTRATED.

Matrimony.

MATRIMONIAL CORRESPONDENCE.

NEW SERIES.

Persons wishing us to reply to their letters, or to forward them, should they enclose to us, their name, a stamp to pay the same, else no attention will be given them.

No. 140.—"ANXIE" is twenty-seven years of age, of medium height, not handsome in her own eyes; possesses a high moral and religious nature, a cultivated mind, refined feelings, and a heart full of sympathy, and a love of benevolence and universalism. Is a member of an orthodox church. With the understanding that nothing tended to influence her feelings of love and wedded life, and that the correspondence be strictly confidential, she will correspond with a gentleman of unblemished reputation, religious and anti-slavery principles, (other scientifics kindred with her own, literary tastes, healthy, physical build, pleasing personal appearance, refined feelings, who can be social, and is a true gentleman everywhere, who is engaged in an honorable and lucrative business or profession.

For true name and address ask FOWLER and WELLS. For best and latest, ask ANXIE.

No. 141 is of medium size, possessing a good constitution and health, a good English education, an intimate acquaintance with domestic affairs, and believes in useful labor doing. Is intelligent, industrious and benevolent, fond of nature, study and home; has a taste for domestic duties, and is a good housewife, and disposes to do, coffee, etc. pin, dress, countess health, but feeling; is no sectarian, believes the Bible, and appreciates the good wherever found; loves friends for intellectual and moral worth, and is a true friend to the human race. In her circumstances; desires a congenial companion, age between 25 and 30. Would like to go to West. ANXIE.

No. 142.—"B" is 31 years old, 6 feet in height, well-proportioned, is a reformer, vegetarian and hydropathic, and well acquainted with domestic affairs, and believes in useful labor doing, and having a fair share of intelligence, kind disposition, who is industrious and healthy, and has a well-developed character, correct sense of right, and would have no objection to emigrate to Kansas with the Vegetarian Company. Any proper respectable woman who wishes to know more, can find my address with FOWLER and WELLS.

No. 143.—"EVERARD" is 32 years old, 5 ft. 2 feet high, and weighs 150 pounds; has dark eyes, fair hair, light complexion and good features; is of good character, habits and disposition, has received a liberal and practical education; and is in the way and is a good housewife, and desires a wife who can change his place of residence if necessary.

He desires a wife with uncommon beauty, a "fashionable" education, "polite" accomplishments, or much wealth; but, not overlooking, well educated, a good English and piano-player, and possessed of some little property, which will be strictly necessary to her; and she must be beautiful, intelligent, and well educated. Any lady who wishes to know more, can find my address with FOWLER and WELLS.

No. 144.—I am little less than 30 years of age, 5 feet 10 inches in height, and weigh 150 pounds; am a stockholder in all my habits, and have been a member of the Methodist Episcopal Church, and am a member of the same in permanent business, receive a salary of over \$1200 per year, and have charge of the business entrusted to me. I want a companion between twenty and thirty; one possessing a good education, and a good heart, and a good nature, and a good disposition, and well qualified to attend to domestic duties. Address me at my residence, 200 Broadway, New York, or at my good husband and good home. Communications received till the 20th of September next. My address can be obtained of FOWLER and WELLS. ANNIE.

No. 145.—Was twenty last fall. Am in no hurry to marry, but think I would like to know something about my future prospects. Am 5 feet 2 inches in height; have black hair and eyes, and am not remarkable disposition; love fun and music. Can sing a little, and do most kinds of housework. Think I might possibly be the other half of my No. 75, now active, in its search, if it is engaged; if so, another will do. For description and post-office address, consult Mr. FOWLER and WELLS. BETTY.

No. 146.—My height is medium, fair complexion, eyes of light blue; have a good education, and a good nature, and a good disposition, and well qualified to attend to domestic duties. Address me at my residence, 200 Broadway, New York, or at my good husband and good home. Communications received till the 20th of September next. My address can be obtained of FOWLER and WELLS. ANNIE.

No. 147.—I am 34 years of age, 5 feet 9 inches in height, light complexion, a member of the Presbyterian Church, and am an anti-slavery, anti-slavery, and anti-slavery man, and desire an intelligent companion. I wish to know something about my future prospects. Any lady with high moral principles, and a soul filled with love, and a good nature, and a good disposition, and well qualified to attend to domestic duties. Address me at my residence, 200 Broadway, New York, or at my good husband and good home. Communications received till the 20th of September next. My address can be obtained of FOWLER and WELLS. ANNIE.

No. 148.—I am 28 years old, 5 feet 8 inches high, weigh 180 pounds, light complexion, deep blue eyes, Auburn hair, never need any stimulating drinks or tobacco, am healthy and intelligent, and a member of the Methodist Episcopal Church, and am a member of the same in permanent business, receive a salary of over \$1200 per year, and have charge of the business entrusted to me. I want a companion between twenty and thirty; one possessing a good education, and a good heart, and a good nature, and a good disposition, and well qualified to attend to domestic duties. Address me at my residence, 200 Broadway, New York, or at my good husband and good home. Communications received till the 20th of September next. My address can be obtained of FOWLER and WELLS. ANNIE.

No. 149.—I am nearly 22 years of age, am five feet eleven inches in height, healthy and good looking; am a vegetarian, and am consistent with present circumstances; wish to be a companion to a lady who is well educated, and a good nature, and a good disposition, and well qualified to attend to domestic duties. Address me at my residence, 200 Broadway, New York, or at my good husband and good home. Communications received till the 20th of September next. My address can be obtained of FOWLER and WELLS. ANNIE.

No. 150.—Was born 1813, of good parentage. In looks and appearance more like a woman than a man. I am 30 years of age, and have a fair complexion, and a good nature, and a good disposition, and well qualified to attend to domestic duties. Address me at my residence, 200 Broadway, New York, or at my good husband and good home. Communications received till the 20th of September next. My address can be obtained of FOWLER and WELLS. ANNIE.

No. 151.—Is a lady by birth and education. Ten years since her family were reduced from wealth to comparative poverty; in this she has borne her share, and has been a member of the combined energies of a rather numerous family a competence by farming. She is a member of the Methodist Episcopal Church, and is a member of the same in permanent business, receive a salary of over \$1200 per year, and have charge of the business entrusted to me. I want a companion between twenty and thirty; one possessing a good education, and a good heart, and a good nature, and a good disposition, and well qualified to attend to domestic duties. Address me at my residence, 200 Broadway, New York, or at my good husband and good home. Communications received till the 20th of September next. My address can be obtained of FOWLER and WELLS. ANNIE.

No. 152.—Is a lady thirty years of age, but does not look so old; is five feet four inches high, perfectly straight, brown hair, blue eyes, fair complexion, and a good nature, and a good disposition, and well qualified to attend to domestic duties. Address me at my residence, 200 Broadway, New York, or at my good husband and good home. Communications received till the 20th of September next. My address can be obtained of FOWLER and WELLS. ANNIE.

No. 153.—I am a widower; age twenty-nine; no children; engaged in an honorable profession; have been active for four years; am a member of the Methodist Episcopal Church, and am a member of the same in permanent business, receive a salary of over \$1200 per year, and have charge of the business entrusted to me. I want a companion between twenty and thirty; one possessing a good education, and a good heart, and a good nature, and a good disposition, and well qualified to attend to domestic duties. Address me at my residence, 200 Broadway, New York, or at my good husband and good home. Communications received till the 20th of September next. My address can be obtained of FOWLER and WELLS. ANNIE.

No. 154.—Messrs. Editors: The Journal affords the opportunity, and I announce to its hundred thousand lady readers, that I am a matrimonial candidate, on the hydropathic platform, and am a member of the same in permanent business, receive a salary of over \$1200 per year, and have charge of the business entrusted to me. I want a companion between twenty and thirty; one possessing a good education, and a good heart, and a good nature, and a good disposition, and well qualified to attend to domestic duties. Address me at my residence, 200 Broadway, New York, or at my good husband and good home. Communications received till the 20th of September next. My address can be obtained of FOWLER and WELLS. ANNIE.

No. 155 wants a wife, a maid from twenty-three to twenty-eight or thirty; of good parentage, blond complexion, and a good nature, and a good disposition, and well qualified to attend to domestic duties. Address me at my residence, 200 Broadway, New York, or at my good husband and good home. Communications received till the 20th of September next. My address can be obtained of FOWLER and WELLS. ANNIE.

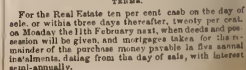
No. 156.—Charles is a well-proportioned, light complexioned, round features, and a good nature, and a good disposition, and well qualified to attend to domestic duties. Address me at my residence, 200 Broadway, New York, or at my good husband and good home. Communications received till the 20th of September next. My address can be obtained of FOWLER and WELLS. ANNIE.

No. 157.—I am twenty-seven years old and of medium size; am a progressive free thinker; know how to make a living by my own hands, which I always do; and I am a member of the same in permanent business, receive a salary of over \$1200 per year, and have charge of the business entrusted to me. I want a companion between twenty and thirty; one possessing a good education, and a good heart, and a good nature, and a good disposition, and well qualified to attend to domestic duties. Address me at my residence, 200 Broadway, New York, or at my good husband and good home. Communications received till the 20th of September next. My address can be obtained of FOWLER and WELLS. ANNIE.

No. 159 requests us to say the things made a sad blunder in his advertisement in the August number, which may hinder some of the more youthful of the lady candidates for matrimony. He assures us it is but a small error, and we are glad to see that of thirty-eight as we made it appear. The girls will please take particular notice.

The young lady who answered "Ralph," No. 93, wrote again!

mounted on rollers, \$12. For sale by FOWLER
AND WELLS,
308 Broadway, N. Y.



Address **FOWLER & WELLS,**
308 Broadway, N. Y.

Varieties.

HEALTH IN HOT WEATHER.—Few things are easier than to lose one's health in hot weather. Yet nothing is so easy as to maintain it if the right course is followed. It is not even necessary to invent new panaceas or to suggest novel modes of life in order to keep disease at arm's length in July and August. The whole secret consists in adopting the advice so often given by physicians, to avoid excess. And by this is meant not only excess in drinking, but also excess in eating, in exercising, and in all things. Every man of sense knows how fallacious is the idea that pouring down heating sherry cobblers, and other periculous drinks, will cool one's person. But not every man is willing to admit that gorging himself with turtle soup, lobster or other delicacies that overtask the digestive organs, are dangerous to health still more. Many, who will concede that excessive indulgence at table is injurious, would stare if told that their absorbing devotion to business is liable to prostrate them, at any moment victims to the disorders of the season; but anything which weakens the vital powers, leaves the body comparatively defenceless against the assaults of sickness. To exhaust in this way, and especially in summer, one's capacity to resist disease, is to act like a general, who at the approach of an enemy, should weary out his army in useless evolutions, so that when the battle came to be joined, his soldiers would be too fatigued to fight.

If one is forced to remain even in the city, health may be preserved by avoiding excess. Had the persons who died so suddenly in New York and Philadelphia during the last summer, abstained from working so much in the sun, from drinking so much intoxicating liquors, or from swallowing quantities of cold water, they might be living. But it is not those alone who remain in town, at a watering place can eat, drink and exercise without limit, has killed many a foolish victim. To fish all day under a burning sun may not injure persons accustomed to such exposure, but it can do no good, at least, to people used to city life: and when the fishing is accompanied by copious draughts of brandy, or other inflammatory drink, as is often the case, it is pretty sure to do harm. So to sit up to his temples in supper, or to drink juleps all the morning, or to commit other excesses quite ordinary at watering places, is not the road to health. And if one sex should avoid excess in one way, the other sex should in another. Ladies who dance all night cannot expect to return to town with roses on their cheeks. In a word, people of proper habits can defy even the sultry weather. But persons guilty of excesses, no matter of what description, dismantle the fortress of health, and, as it were, invite the enemy to enter.—*Philadelphia Ledger.*

THE Sunday Times says, water has been used as a remedial agent, in occasional instances, from the earliest period to which medical history extends. It appears to have been practiced at Malvern, England, in the last century according to something like the present system. Horace Walpole writes to Cole, in 1775: "At Malvern they certainly put patients into sheets just dipped in the spring." [The writer might have found a similar revelation at a much earlier period. We now publish a valuable book on Water-Cure, from the fifth London edition, dated 1723, price 25 cents.]

MAN.—Physiologists have not only discovered that man is an engine, gliding along the track of life often at the fearful speed of sixty miles an hour; but he is also a steamship—a chemical laboratory—a distillery—not, however, of alcohol—a forcing pump—a grist mill—a furnace—an iron mine—a manufactory—a commercial city—an electric telegraph—in short, he is a crystal palace, where he can go and examine the choicest works of art, the most exquisite developments of science. The wonderful phenomena never yet fully understood, of the union of mind and matter, commingling so harmoniously that we can only recognize the fact, without comprehending the manner of union, so that when we leave the exhibition we are either awed into silence by the sublime mystery of our own existence, or exclaim with reverential wonder, "The hand that made it is Divine." [An acquaintance with the science of PNEUMATOLOGY solves at once the mystery, without lessening, but rather increasing the "reverential" feeling, and compels the acknowledgment that, "The hand that made it is Divine."]

CLERGYMEN VS. NARCOTICS.

BY H. B. RUMSEY.

"Whether ye eat or drink, or whatsoever ye do, do it all to the glory of God."

How sad the thought, some clergymen

Think it too hard a trial

To live as by the Saviour taught,

A life of self-denial!

Yet no ood thing doth he withhold,

Only the soul debasing,

That which doth health and life destroy,

God's lineaments effacing.

Their conduct gives the lie unto

The holy truths they teach,

For as they daily walk our streets

With a cigar, they preach.

They snake a cesspool of their months,

Go drooling all the day:

Tobacco truly they enthrone,

And this their holy obey.

Their bodies should a temple meet

Be for the good and pure;

Instead of this, much filthiness

They cause them to endure.

They cannot soar to Pisgah's top,

Till they are stimulated,

Tobacco, some exultant

They use, and are elated.

Without their usual stimulant,

They have the "blues," the horrors,

They feel unsocial and morose,

Their minds are filled with terrors.

And yet God's blessing they will crave

Upon a life so vile;

And while they trample on His laws,

Expect that Heaven will smile.

In doing good our Saviour passed

His useful life away,

But these their brain in nicotine

Are steeping day by day.

Tobacco wakens into life

A thirst for alcohol;

The plant of Java, China's leaf,

For stronger potions call.

When their example we pursue,

And premature decay,

To assuage the grief of those who mourn,

These ministers will say—

"Our God hath given, and he will take

The ones he loves away."

Oh! shame upon these false, blind guides,

They lead us to the grave;

With such examples for our youths,

They sink 'neath ruin's wave.

Sad! many who profess to love

The high, the holy way,

Defile the temple of the Lord

With stimulants each day.

And when they thus disease their nerves,

Like harp, with jarring strings,

This human instrument divine

With horrid discord rings.

And many a pang unfelt before,

Courses each nerve along,

The world without, within is dark,

And every thing goes wrong.

Oh! brothers, spurn this evil weed,

Which always lends to evil,

Which dwells, deforms, blacks the soul,

And gives it to the devil.

Four lines more beautiful than these are rarely written. The figure which they involve is exquisite:

"A solemn marmur in the soul,
Tells of the world to be,
As travellers hear the billows roll
Before they reach the sea."

SHAVING.—A NEW ARGUMENT.—It is calculated that if a man shaves three times a week, his beard grows twenty times as fast as if he did not shave. Allow two inches as the annual growth of the beard, a man cuts off forty inches, or more than a yard of hair a year, and the nutriment which supports this, and is thus wasted, might have gone to nourish other parts of his body.

[We rather think we shan't share any more. The wife wears the Bloomer, and we intend to wear the beard. So, hurrah for short dresses and "a glorious flowing beard." We will be patriarchs, after the example of the apostles and the prophets.]

THE PANTOGRAPH.—Among the wonderful discoveries or inventions ending in "graph," the pantograph seems destined to take no second place. It is a cutting and carving machine, which works with amazing celerity, great precision and finish, and is applicable to innumerable purposes of ornament and use. This remarkable invention has been patented by Mr. Seabury. Acting on the principle of the slide-rest, or floating bed, and directed by the pantograph, the machine is moved with such facility and exactness in all the directions of the cube, under a fixed tool or tools, that it is capable of producing, in cutting, carving, or engraving, a fac-simile of almost anything presented to its operation.

The enumeration of all the purposes to which this strange piece of mechanism is applicable would exhaust imagination. The hardest substances offer no impediment to its powers. In stone or marble, in ivory or wood, in pearl or metal, it can turn out copies of any shape you please; and by a principle of easy adjustment, on a scale as much larger or smaller than the original as may be desired. It will engrave seals to any pattern; turn out an exact copy of the Medicinal Venna, or the Greek Balance; furnish blocks to the calico-printer, the floor-cloth manufacturer, the paper-stainer, and the letter-press printer; execute monumental tablets and architectural ornaments; form saw-handles; cut names and sign-boards; or do anything else which requires any sort of shape or impression to be given to the hardest materials, performing that which appears the most difficult or delicate feat with as much dispatch, exactness, and finish, as the easiest and least pretending.

The utility of the machine may be inferred from its applicability in the single department of saw-handles. The saw-handle manufacturer of Sheffield alone employs four hundred hands, who make, on an average, fifteen handles each a day, or 86,000 a week, which, at one penny per handle, would return £7,500 per annum. Now, one of these machines, managed by a man and a boy, will produce 300 handles a day from one cutter; but, as each machine may have three cutters or more, it is obvious that the entire trade might be supplied by a few machines. It remains only to mention, that the machine is cheap, may be wrought with ease by any description of power, from hand to steam.

PRODUCTION OF GOLD BY ARTIFICIAL MEANS.

M. Theodore Tiffereau, a Frenchman, says that he has discovered the means of making gold. In a paper laid before the Academy of Science, entitled, "The Metals are not simple, but Compound Bodies," he has put forth his views, and asserts that he has actually produced gold by artificial means. He proceeds upon a principle, admitted by all chemists, "that the properties of bodies are the result of their molecular constitution," and he adduces numerous examples in chemistry in which bodies assume different properties, according as they have crystallized in one form or another, although their composition remains the same. All that he had to seek was a substance which, by its catalytic forces, would act upon the body which it was desired to transmute, and then to place this last under certain conditions in contact with it, to effect the change. He believes that there are but very few simple substances in nature, and considers that the forty metals, now assumed to be such, are in reality combinations, probably of one radical with some unknown body, hitherto not studied, but which of itself alone modifies the properties of the radical, and thus presents us apparently with forty bodies, whilst in reality there is but one. If any one have discovered this body, which has hitherto escaped the researches of philosophers, and can cause it to act on any given metal, is there anything surprising that he can change the nature of the metal, by giving it, with a different molecular constitution, the properties of that metal, in which this constitution naturally exists? This he asserts he has done.